

# WHY YOU SHOULD TAKE VITAMINS

(EVEN IF YOU “EAT GOOD”)

Today’s food supply is not what it used to be.

This is why:

- 70% of American's have low Vitamin D levels
- 60% are deficient in Vitamin E
- 40% are deficient in Magnesium
- 38% are deficient in Calcium
- 35% are deficient in Vitamin K
- 34% are deficient in Vitamin A
- 25% are deficient in Vitamin C

## WHAT YOU SHOULD BE TAKING

- ❖ **B-Complex Formula**
- ❖ **Vitamin D3** with **K2** gels
- ❖ **Omega 3 Fish Oil**
- ❖ **Magnesium**
- ❖ **Probiotic**

(see below on the how and why)

## HOW MUCH SHOULD YOU SHOULD YOU TAKE?

### Shotgun Approach

Take the recommend dose per day.

### Organic Testing: <https://www.gdx.net/product/metabolic-analysis-test-organic-acids-urine>

The Metabolic Analysis Profile specifically tests for organic acids – compounds in the urine that are produced during daily metabolism. Organic acids testing can indicate the functional need for specific nutrients, diet modification, antioxidant protection, detoxification, or other therapies.

### Genetic Testing

Take your 23 & Me or Ancestry.com report and upload it to a web site like Genetic Genie or Found My Fitness to find genetic defects that will affect your vitamin levels. See our website under patient resources for more information.

## The Minimum Five Supplements

1. A quality multiple vitamin/mineral supplement, without copper, daily

The vitamin/mineral content of food is linked to the quality of the soil the food is grown in. Not only is our soil depleted of critically important minerals, our crops/soil are exposed to huge amounts of chemicals that bind to minerals, making them unavailable for human nutritional requirements. This is called nutritional inflation, and the entire world is suffering from it. A quality multiple vitamin/mineral supplement is now necessary for the majority of people on the planet. Importantly, the supplement should not contain copper, as supplemental copper has been linked to an increased risk of Alzheimer's Disease for more than a dozen years.

2. 3,000 mg/day of EPA+DHA omega-3s from purified fish oil per day

The Theory of Everything: the majority of chronic incurable degenerative diseases are linked to inflammation. The most critical driver of inflammation is the ratio of omega-6 to omega-3 fats. Americans consume far too many inflammatory omega-6s, and far too few anti-inflammatory omega-3s.

3. Vitamin D3, 5000 IU per day

Vitamin D does a lot more than build healthy bones. It is critical for immune system function and for brain physiology. Most Americans are significantly low in vitamin D levels and supplementation is necessary for almost everyone.

4. Magnesium (Mg<sup>++</sup>), about 500 mg/day

Magnesium is a cofactor for the activity of 700-800 human enzymes. Magnesium is the most important mineral for accessing human energy; it also protects the heart, blood vessels, and brain. Most Americans are significantly low in magnesium and supplementation is necessary for almost everyone.

5. Vitamin K2-4 and K2-7

Without vitamin K2-4 and K2-7, calcium is deposited into arteries, joints and kidneys. This is why most people who take vitamin D should also take vitamin K. Individuals with blood clotting disorders should talk to their doctor before taking vitamin K. Individuals taking statin drugs often need to double vitamin K supplementation, but again should ask their doctor.