

WHY YOU SHOULD TAKE VITAMINS (EVEN IF YOU "EAT GOOD")

Today's food supply is not what it used to be. The vitamins and minerals are there, they are just not as abundant as before and they are harder to absorb due to the condition of your gut.

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

YOU SHOULD BE TAKING

- ❖ A quality multiple vitamin/mineral supplement every day: Pure Encapsulations O.N.E.™ Multivitamin
- ❖ 2-3,000 mg/day of omega-3 fish oil every day: Metagenics Omega Genics™ EPA-DHA Lemon gels
- ❖ Vitamin D3 5000-10,000 IU per day: Metagenics Vitamin D3 with K2 gels
- ❖ Magnesium (Mg⁺⁺), 400-500 mg/day: Metagenics Mag Glycinate
- ❖ Probiotic: Metagenics UltraFlora™ Spectrum
- ❖ Digestive Enzyme with HCL: Pure Encapsulations Digestive Enzymes Ultra w/ HCl
Pure Encapsulations Digestive Enzymes

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