

# *The Real Relief*

# **SUPPLEMENT GUIDE**

*With Bonus Medication Interaction  
SAFETY Section*

# The Real Relief Supplement Guide

by Dr Janelle Sinclair, biochemist (PhD) & natural medicine practitioner.

## Supplement Recommendations

Different product options are provided below depending on your budget, and desire for top quality products. IHerb is a US based company that ships around the world, and offers a broad range of high quality and cost effective options.

The doses provide therapeutic levels specifically for adults and are often specific dosages for mental health. These suggestions are for Real Relief participants only. If you are sensitive to products, start on low doses and start one at a time.

Please note that product recommendations below may contain affiliate links which help to support our free YouTube channel globally.

This information is strictly for Real Relief participants only, and should not be redistributed.

## Supplements for children, pregnancy, breastfeeding and alongside medications

- The supplement dosages recommended within this document course are for **adults over the age of 18** and are not appropriate for children, or anyone that is pregnant or breastfeeding.
- For those that are **pregnant or breastfeeding** please carefully read the details in the comments, precautions, and always talk to a health practitioner before starting supplements.
- The supplements listed below are safe alongside antidepressant and anti-anxiety medications.
- We have endeavoured to list common supplement and medication interactions in the document below. However, if you are on **medication for cancer, epilepsy, malaria, osteoporosis, HIV, heart conditions or blood pressure, or on an antibiotic** then please talk to your doctor before starting any of the supplements listed below. These medications regularly interact with supplements and are interactions with these medications are not listed below.
- This is not an all-inclusive comprehensive list of potential interactions and is for informational purposes only. Not all interactions are known or well reported in the scientific literature, and new interactions are continually being reported.

## Disclaimer

The content contained in this document is strictly the opinion of Dr Janelle Sinclair, and is for informational and educational purposes only. It is not intended to provide medical advice or to take the place of medical advice or treatment from a personal physician. It does not create a doctor-patient relationship between Dr Sinclair and you. Dr Janelle nor Conscious Health Ltd are not liable or responsible for any possible health consequences of any person or persons reading or following the information in this educational content. All viewers of this content should seek advice from a physician or qualified health provider with any questions you may have regarding a medical condition or interactions of supplements with medications. Dr Janelle Sinclair received her PhD in biochemistry from the University of Basel, Switzerland in 2003. Her use of "doctor" or "Dr." in relation to herself solely refers to that degree. Dr Janelle is a licensed natural health practitioner in New Zealand.

## Module 2: Optimise Your Diet Supplement Recommendations

SUPPLEMENT	TYPE OF PRODUCT	AFTER BREAKFAST	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
<b>COLLAGEN POWDER</b>			
Great Lakes Collagen Hydrolysate <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Retail Product	2-4 tablespoons per day	2 rounded tablespoons equates to 12 grams of protein. During pregnancy & breastfeeding limit to 2 tablespoons per day.
<b>POTASSIUM</b>			
Option 1: Seeking Health Optimal Electrolyte <a href="https://bit.ly/2Ysi1gE">https://bit.ly/2Ysi1gE</a>	High Quality Retail Product	1-2 scoops per day	
Option 2: NOW Potassium Citrate Pure Powder <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	Cost Effective Product	1/4 teaspoons once or twice per day	Do not take potassium supplements if you are on blood pressure medication, a diuretic or on any heart medications. Do not take this product while breastfeeding or pregnant. Increase your potassium intake using food. Eg. coconut water.

### Module 3: Address Food Sensitivities Supplement Suggestions

SUPPLEMENT	TYPE OF PRODUCT	AFTER BREAKFAST	AFTER LUNCH	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
<b>ALPHA-LIPOIC ACID</b>				If on diabetes medication use with caution. Monitor medication needs, and reduce if necessary. This supplement may mean you require less medication, as your body becomes more efficient at carbohydrate metabolism. Avoid using alongside anticoagulant/antiplatelet drugs, and thyroid medication.  Do not take this product while breastfeeding or pregnant.
Option 1: Thorne Alpha-Lipoic acid <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Practitioner Product	2 caps		
Option 2: Doctors Best Alpha-Lipoic acid 600mg <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	Cost Effective Product	1 cap		
<b>CHROMIUM</b>				If on diabetes medication use with caution. Monitor medication needs, and reduce if necessary. This supplement may mean you require less medication, as your body becomes more efficient at carbohydrate metabolism. Avoid using alongside thyroid medication.  Do not take this product while breastfeeding or pregnant. Consider taking a high quality prenatal multivitamin. (see recommendation at the bottom of this document).
Option 1: Thorne Chromium Picolinate <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Practitioner Product	1 cap		
Option 2: NOW Tri-Chromium <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	Cost Effective Product	1 cap		

SUPPLEMENT	TYPE OF PRODUCT	AFTER BREAKFAST	AFTER LUNCH	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
<b>MITOCHONDRIAL SUPPORT (CoQ10 &amp; PQQ)</b>				Use with caution with anti-hypertensive and chemotherapy drugs. Do not take this product while breastfeeding or pregnant. Consider taking a high quality prenatal multivitamin. (see recommendation at the bottom of this document).
Option 1: Life Extension Super Ubiquinol CoQ10 with PQQ <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Retail Product	1-2 caps	1-2 caps	
Option 2: Doctors Best High Absorption CoQ10 Plus PQQ <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	Cost Effective Product	1-2 caps	1-2 caps	
<b>LACTASE DROPS &amp; ENZYMES</b>				
Seeking Health Lactase drops <a href="https://bit.ly/3htcdtp">https://bit.ly/3htcdtp</a>	High Quality Retail Product	As directed.		Used to lower lactose levels in food.
Option 1: Enzymedica Lacto <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Retail Product	1 capsule with each meal containing dairy.		
Option 2: NOW Dairy Digest Complete <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	Cost Effective Product	1 capsule with each meal containing dairy.		

## Module 4: Support Gut Health Supplement Suggestions

SUPPLEMENT	TYPE OF PRODUCT	AFTER BREAKFAST	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
<b>CONSTIPATION SUPPLEMENTS</b>			<p>Avoid using vitamin C if taking warfarin medication.</p> <p>Avoid using magnesium alongside sulfonylureas medication. Take magnesium in the morning for anxiety and/or at night for poor sleep. If you get a tummy upset reduce the dose.</p> <p>The upper limit for vitamin C during pregnancy &amp; breastfeeding is 2000mg per day. The upper limit for magnesium during pregnancy &amp; breastfeeding is 350mg per day.</p>
<b>Vitamin C</b>			
Option 1: Thorne Buffered C Powder <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Practitioner Product	0.5-2 scoops in water or juice throughout the day	<p>Aim for 1-2 well formed bowel motions per day. Increase or decrease doses based on effectiveness.</p> <p>During pregnancy and breastfeeding limit to 1 scoops per day.</p>
Option 2: Doctor's Best, Pure Vitamin C Powder with Q-C <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	Cost Effective Product	3-5 scoops in water or juice throughout the day	<p>Aim for 1-2 well formed bowel motions per day. Increase or decrease doses based on effectiveness.</p> <p>During pregnancy and breastfeeding limit to 2 scoops per day.</p>
<b>Magnesium Citrate</b>			
Option 1: Natural Factors Magnesium Citrate <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	Retail Product	3-4 capsules	<p>Aim for 1-2 well formed bowel motions per day. Increase or decrease doses based on effectiveness. You can use up to 2000mg (13 capsules) at one time to get the first bowel motion moving.</p> <p>During pregnancy and breastfeeding limit to 2 capsules per day.</p>
Option 2: NOW Magnesium Citrate <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	Cost Effective Product	3-5 capsules	<p>Aim for 1-2 well formed bowel motions per day. Increase or decrease doses based on effectiveness. You can use up to 2000mg (15 capsules) at one time to get the first bowel motion moving.</p> <p>During pregnancy and breastfeeding limit to 2 capsules per day.</p>

SUPPLEMENT	TYPE OF PRODUCT	WITH ALL MEALS	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
<b>REPLACE Betaine Hydrochloric Acid (if stomach acid test indicates)</b>			Do not take if you have stomach ulcers or if you are on a proton pump inhibitor (or other stomach acid lowering medication).
Option 1: Thorne Bio-Gest <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Practitioner Product	1-2 caps	Take 1 capsule with small meals and 2 capsules with larger more protein rich meals. If burning is experienced reduce the dose.  Do not use this product during pregnancy or breastfeeding unless under the guidance of a health practitioner.
Option 2: NOW Betaine HCl <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	Cost Effective Product	1 cap	If burning is experienced reduce the dose.  Do not use this product during pregnancy or breastfeeding unless under the guidance of a health practitioner.

SUPPLEMENT	TYPE OF PRODUCT	BEFORE BED	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
<b>REINOCULATE With Probiotics or Saccromyces Boulardii</b>			
<b>Probiotics</b>			
Option 1: California Gold Nutrition, LactoBif Probiotics <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Retail Product	1 cap	
Option 2: Seeking Health ProBiota Sensitive <a href="https://bit.ly/32BaVYM">https://bit.ly/32BaVYM</a>	High Quality Retail Product	1 cap	
<b>Saccromyces Boulardii</b>			For those that don't tolerate probiotics
Option 1: Thorne Sacro-B <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Practitioner Product	1-2 capsules	Avoid using saccromyces boulardii during pregnancy and breastfeeding as there is insufficient safety information available.

SUPPLEMENT	TYPE OF PRODUCT	BEFORE BED	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
Option 2: NOW Saccharomyces Boulardii <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	Cost Effective Product	1-2 capsules	Avoid using sacromyces boulardii during pregnancy and breastfeeding as there is insufficient safety information available.
Option 3: Seeking Health Saccharomyces Boulardii <a href="https://bit.ly/2ZLJBF1">https://bit.ly/2ZLJBF1</a>	High Quality Retail Product	1-2 capsules	Avoid using sacromyces boulardii during pregnancy and breastfeeding as there is insufficient safety information available.

SUPPLEMENT	TYPE OF PRODUCT	DIRECTIONS	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
<b>REPAIR Intestinal Lining</b>			
<b>Herbal &amp; Nutritional Formulas</b>			
Option 1: Thorne Enteromend Powder <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Practitioner Product	1 scoop in water twice daily (between meals)	Not recommended during pregnancy or breastfeeding unless under the guidance of your health practitioner.
Option 2: Seeking Health Optimal GI Powder <a href="https://bit.ly/2DS2o9A">https://bit.ly/2DS2o9A</a>	High Quality Retail Product	1 scoop in water twice daily (between meals)	Not recommended during pregnancy or breastfeeding unless under the guidance of your health practitioner.
<b>Collagen Powder</b>			
Great Lakes Collagen Hydrolysate <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Retail Product	2-4 tablespoons per day	2 rounded tablespoons equates to 12 grams of protein. During pregnancy & breastfeeding limit to 2 tablespoons per day



SUPPLEMENT	TYPE OF PRODUCT	AFTER BREAKFAST	AFTER LUNCH	AFTER DINNER	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
<b>REMOVE (for an 8 week period if inadequate benefits are experienced)</b>					If on diabetes medication use oregano with caution. Monitor medication needs, and reduce if necessary. using oregano may mean you require less medication, as your body becomes more efficient at carbohydrate metabolism.
<b>Oregano</b>					
Option 1: Gaia Herbs Oil of Oregano <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Retail Product	1 cap		1 cap	Do not take this product if you are pregnant or breastfeeding.
Option 2: NOW Oregano Oil <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	Cost Effective Product	1 cap	1 cap	1 cap	Do not take this product if you are pregnant or breastfeeding.
<b>Herbal antimicrobial product</b>					
Option 1: Nutricology TriBiotics <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Retail Product	1 cap	1 cap	1 cap	Do not take this product if you are pregnant or breastfeeding.
Option 2: NOW Candida Support <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	Cost Effective Product	1 cap	1 cap	1 cap	Do not take this product if you are pregnant or breastfeeding.

SUPPLEMENT	TYPE OF PRODUCT	AFTER BREAKFAST	AFTER LUNCH	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
<b>MITOCHONDRIAL SUPPORT (CoQ10 &amp; PQQ)</b>				Use with caution with anti-hypertensive and chemotherapy drugs. Do not take this product while breastfeeding or pregnant. Consider taking a high quality prenatal multivitamin. (see recommendation at the bottom of this document).
Option 1: Life Extension Super Ubiquinol CoQ10 with PQQ <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Retail Product	1-2 caps	1-2 caps	
Option 2: Doctors Best High Absorption CoQ10 Plus PQQ <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	Cost Effective Product	1-2 caps	1-2 caps	

## Module 5: Treat Nutritional Deficiencies Supplement Suggestions

SUPPLEMENT	TYPE OF PRODUCT	AFTER BREAKFAST	ON AN EMPTY STOMACH	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
<b>FOLATE</b>				Start at low doses and increase slowly. If you experience increased anxiety, agitation, poor sleep onset or headaches reduce the dose. Always start vitamin B12 before methylfolate. The upper limit for folate during pregnancy & breastfeeding is 1000mcg per day.
<b>Methylfolate (MTHF)</b>				
Option 1: Seeking Health L-5-MTHF Lozenge <a href="https://bit.ly/2qMcCSr">https://bit.ly/2qMcCSr</a>	High Quality Retail Product	1/2-1 lozenge		1 lozenge= 1000mcg of methylfolate (MTHF)
Option 2: Allergy Research Group, QuatreActiv Folate (Caps) <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Practitioner Product	1-2 capsules		1 capsule= 500mcg of methylfolate (MTHF)
Option 3: Doctor's Best, Fully Active Folate 400 with Quatrefolic (Caps) <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	Cost Effective Product	1-3 caps		1 capsule= 400mcg of methylfolate During pregnancy and breastfeeding limit to 2 capsules per day.
<b>Folinic acid (Take this instead of methylfolate if you have COMT++ or high anxiety)</b>				
Option 1: California Gold Nutrition, Folinic acid liquid <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	Cost Effective Product	1-3 drops daily		1 drop= 400mcg of folinic acid During pregnancy and breastfeeding limit to 2 drops per day.
Option 2: Seeking Health Folinic acid lozenges <a href="https://bit.ly/2O7DJ2d">https://bit.ly/2O7DJ2d</a>	High Quality Retail Product	1/2-1.5 lozenges		1 lozenge= 800mcg of folinic acid During pregnancy and breastfeeding limit to 1 lozenge per day.

SUPPLEMENT	TYPE OF PRODUCT	AFTER BREAKFAST	ON AN EMPTY STOMACH	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
<b>IRON</b>				The upper limit for iron during pregnancy & breastfeeding is 45mg per day. Take Iron on an empty stomach, away from all other supplements and medications.
Option 1: Thorne Research, Iron Bisglycinate <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Practitioner Product		2 capsules	1 capsule= 25mg ferrous bisglycinate During pregnancy and breastfeeding limit to 3 capsules over a <u>2 day period</u> .
Option 2: Doctor's Best, High Absorption Iron With Ferrochel <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	Cost Effective Product		2 capsules	1 capsule= 27mg ferrous bisglycinate During pregnancy and breastfeeding limit to 3 capsules over a <u>2 day period</u> .
<b>MAGNESIUM</b>				Avoid using alongside sulfonylureas medication. Take in the morning for anxiety and/or at night for poor sleep. If you get a tummy upset reduce the dose. Consider magnesium citrate if you have constipation. See module 4 supplements. The upper limit for magnesium during pregnancy & breastfeeding is 350mg per day.
Option 1: Metabolic Maintenance, Magnesium Glycinate (Caps) <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Practitioner Product	2 caps		2 caps = 250mg of magnesium During pregnancy and breastfeeding limit to 2 capsules per day.
Option 2: NOW Magnesium Glycinate (Caps) <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	Cost Effective Product	2-3 caps		2 caps = 200mg of magnesium During pregnancy and breastfeeding limit to 3 capsules per day.

SUPPLEMENT	TYPE OF PRODUCT	AFTER BREAKFAST	ON AN EMPTY STOMACH	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
Option 3: Seeking Health Optimal Magnesium (Caps) <a href="https://bit.ly/2HoPwY1">https://bit.ly/2HoPwY1</a>	High Quality Retail Product	2-3 caps		2 caps = 300mg of magnesium During pregnancy and breastfeeding limit to 2 capsules per day.
<b>MOLYBDENUM</b>				The upper limit for molybdenum during pregnancy & breastfeeding is 2mg per day.
Option 1: Thorne Molybdenum Glycinate (Caps) <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Practitioner Product	1 cap		1 cap = 1000mcg (1mg) of molybdenum
Option 2: Seeking Health Molybdenum 500 (Caps) <a href="https://bit.ly/32zt4Tq">https://bit.ly/32zt4Tq</a>	High Quality Retail Product	2 caps		2 caps = 1000mcg (1mg) of molybdenum
<b>OMEGA 3</b>				Do not take omega 3 supplements if you are on a blood thinner medication.
Option 1: Thorne Research Super EPA Pro (Caps) <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Practitioner Product	1-2 caps	1 cap	2 caps = 1300 EPA mg & 200 mg DHA During pregnancy and breastfeeding limit this product to 2 capsules per day.
Option 2: Nordic Naturals EPA (Caps) <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Practitioner Product	2 caps	1-2 caps	3 caps = 1275 EPA mg & 300 mg DHA During pregnancy and breastfeeding limit this product to 3 capsules per day.
Option 3: Seeking Health Optimal Fish Oil (Caps) <a href="https://bit.ly/2GUSl2c">https://bit.ly/2GUSl2c</a>	High Quality Retail Product	2-3 caps	2-3 caps	4 caps = 1286 EPA mg & 512 mg DHA During pregnancy and breastfeeding limit this product to 2 capsules per day.

SUPPLEMENT	TYPE OF PRODUCT	AFTER BREAKFAST	ON AN EMPTY STOMACH	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
<b>VITAMIN B6</b>				Base your vitamin B6 dose on dream recall. If you don't remember your dreams increase the dose. If you have vivid dreams, decrease the dose. The upper limit for vitamin B6 during pregnancy is 75mg per day.
Option 1: NOW B-6 100mg (Caps) <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	Cost Effective Product	1-5 caps		1 cap= 100mg Vitamin B6 Do not take this product during pregnancy or breastfeeding. Consider taking a good quality prenatal vitamin with good vitamin B6 levels in it instead. (see recommendation below)
Option 2: Carlson labs B6 Liquid <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Retail Product	1/2-2.5 teaspoons		0.5 teaspoon= 100mg Vitamin B6 Do not take this product during pregnancy or breastfeeding. Consider taking a good quality prenatal vitamin with good vitamin B6 levels in it instead. (see recommendation below)
<b>VITAMIN B12</b>				Start at low doses and increase slowly. If you experience increased anxiety, agitation, poor sleep onset or headaches reduce the dose. Always start vitamin B12 before folic acid or methylfolate.
<b>HydroxyB12 (Take this instead of methylB12 if you are COMT++ or have high anxiety)</b>				
Option 1: Advanced Orthomolecular Research AOR, Hydroxy B12, 1 mg, 60 Lozenges <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Retail Product	1/2-1 lozenge		1 lozenge= 1000mcg Do not take this product during pregnancy or breastfeeding. Consider taking a good quality prenatal vitamin with good vitamin B12 levels in it instead. (see recommendation below)
Option 2: Seeking Health Hydroxo B12 Lozenges <a href="https://bit.ly/2QczSUh">https://bit.ly/2QczSUh</a>	High Quality Retail Product	1/4-1/2 lozenges		1 lozenge= 2000mcg Do not take this product during pregnancy or breastfeeding. Consider taking a good quality prenatal vitamin with good vitamin B12 levels in it instead. (see recommendation below)

SUPPLEMENT	TYPE OF PRODUCT	AFTER BREAKFAST	ON AN EMPTY STOMACH	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
Option 1: Pure Vegan B12 spray <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	Cost Effective Product	1-2 sprays		1 spray= 500mcg Do not take this product during pregnancy or breastfeeding. Consider taking a good quality prenatal vitamin with good vitamin B12 levels in it instead. (see recommendation below)
Option 2: Seeking Health Active B12 1000 Lozenge <a href="https://bit.ly/31z9iqS">https://bit.ly/31z9iqS</a>	High Quality Retail Product	1/2-1 lozenge		1 lozenge= 1000mcg Do not take this product during pregnancy or breastfeeding. Consider taking a good quality prenatal vitamin with good vitamin B12 levels in it instead. (see recommendation below)
<b>VITAMIN D3 &amp; K2</b>				Your vitamin D dose will depend on blood test results. Use vitamin D cautiously if you take blood thinners, atorvastatin, calcipotriene, diuretics, or heart medication. The upper limit for Vitamin D3 during pregnancy & breastfeeding is 4000IU per day.
Option 1: Carlson Labs, Liquid Vitamins, Super Daily D3+K2 <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Retail Product	2-5 drops daily		4 drops= 4000IU Vitamin D3 & 90mcg Vitamin K2. During pregnancy and breastfeeding limit this product to a maximum of 4 drops per day.
Option 2: NOW Foods, Liquid D-3 & MK-7 <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	Cost Effective Product	5-10 drops daily		5 drops= 2500IU Vitamin D3 & 100mcg Vitamin K2 Do not take this product while breastfeeding or pregnant.
<b>High Dose Vitamin D3 &amp; K2 Products</b>				
Option 1: Sports Research, Vitamin K2 + D3 <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	Retail Product	1 capsule		1 capsule= 5000IU Vitamin D3 & 100 mcg Vitamin K2 Do not take this product while breastfeeding or pregnant.
Option 2: Seeking Health D3 + K2 Capsules <a href="https://bit.ly/2K9f2RU">https://bit.ly/2K9f2RU</a>	High Quality Retail Product	1 capsule		1 capsule= 5000IU Vitamin D3 & 100 mcg Vitamin K2 Do not take this product while breastfeeding or pregnant.

SUPPLEMENT	TYPE OF PRODUCT	AFTER BREAKFAST	ON AN EMPTY STOMACH	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
<b>ZINC</b>				If you feel nauseas after taking, next time eat more food before taking. The upper limit for zinc during pregnancy & breastfeeding is 40mg per day.
Option 1: Thorne Zinc Picolinate 30mg (caps) <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Practitioner Product	1-2 caps		1 capsule= 30mg of Zinc During pregnancy and breastfeeding limit this product to a maximum of 1 capsule per day.
Option 2: NOW Zinc Picolinate 50mg (caps) <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	Cost Effective Product	1 cap		1 capsule= 50mg of Zinc Do not take this product while breastfeeding or pregnant.
<b>MULTIVITAMIN FOR BREASTFEEDING OR PREGNANCY</b>				
Thorne Basic Prenatal <a href="https://tinyurl.com/realreliefsupplements">https://tinyurl.com/realreliefsupplements</a>	High Quality Practitioner Product	3 caps		This product is recommended during breastfeeding or pregnancy, however limit taking other additional single supplements. Do not take additional zinc, iron, vitamin B12, vitamin B6, or folate, as this product includes adequate doses of these nutrients. An extra 200mg of magnesium, 1mg of molybdenum and 4000IU of vitamin D can be taken alongside this product if indicated.