

# Building a Supplement Regimen

While it is always best to get nutrients from real food, the quality of our diets has drastically declined as we have moved away from whole, unrefined foods to highly processed, convenience foods. Taking supplements can help fill the nutritional gaps and optimize your health. Here is our list of the top 5 supplement recommendations. You should always consult your physician or health care practitioner before starting a supplement regimen.

## Vitamin D3

Beneficial for our immune system, and required to build neurotransmitters and regulate hormones. Our brains also need it to create serotonin, which helps boost our mood.

## Cod Liver Oil

Cod liver oil supplies omega-3 fatty acids, vitamin A, and vitamin D. These vitamins may reduce inflammation and maintain cell membrane fluidity.

## Magnesium

This magical mineral is important for neurological and metabolic function, as well as sleep regulation, muscle repair and heart health.

## Probiotics

Adequate amounts of beneficial bacteria are required to boost immunity and achieve optimal digestive health.

## Multivitamin

For those looking to fill nutritional gaps, choose a food-based multivitamin that contains nutrients extracted from vegetables, fruits, and medicinal plants that your body easily recognizes and absorbs as whole-food complexes.