



## **Recommendations for Multivitamins from Julie E of Julie E Health**

There really is no One Size Fits All when it comes to nutrition. We are all different, having unique bodies, genetics, air pollution, and lives. Similarly, there really isn't One Multivitamin that can cover a person's needs. For example, vitamins D, E and omega 3s can't actually be in a regular multivitamin pill or formula. They are more liquid whereas the multi's are dry. For these reasons, I have come up with a list of what I consider to all fall into the category of:

### **'MultiVitamins and MultiMinerals' for all**

Even if you are on a customized program from Julie E or another practitioner, you can still take these without being too high in nutrition. Please consult with your holistic healthcare practitioner (your regular allopathic doctor most likely will tell you not to take any of these – because they are not trained in nutrition and they simply don't know.) Products listed below are Premier Research Labs supplements and available directly from our office.

Greens (multi nutrients)

Coral (multi mineral)

DHA or EPA/DHA

Digestive enzyme (Digest, Digestase, HC, Pink Salt)

Antioxidants (CoQ, Vitamin E, Vitamin C, Glutathione, Asta Complete, NAC)

Probiotics (Flora Blend, Flora chewable, Flora Synergy)

All B vitamins (max B, Complete B)

Pink Salt

EFA oil

CBD

Adaptagen (for anyone who works and has kids, this is always a must to keep the body and brain calm and keep the hormones working)