

## Nutritional Supplement Recommendations 2018 John R. Droter, DDS

### Multi Vitamin

NOW Adam Softgels Men's Multi  
3 Softgels Daily



NOW Eve Softgels Women's Multivitamin  
3 Softgels Daily  
Only Has 6mg iron which is not enough for most premenopausal women.



NOW Daily Vits

For those who want a simple daily vitamin, this is an easy 1 Tablet Daily, 9mg iron



NOW Liquid Multi  
If not able to swallow pills.  
Has no iron.  
Has Xylitol which may upset stomach.



### Joint Health

NOW Glucosamine and Chondroitin with MSM  
Do not take if allergic to sulfur or shellfish



NOW Vegetarian Glucosamine & MSM  
Not as effective but contains no shell fish or animal products



### Other Helpful Supplements

NOW Iron Complex, 27mg iron. Best taken at least 1 hour before, or 2 hours after food.  
Used to treat low iron. Do not treat yourself. Needs to be done under doctors supervision.  
Take 1 tablet daily for 8 weeks, then repeat blood test. There is a liquid version.  
Once blood level is normal, need to decrease total supplemental Iron to less than 130 mg per week.

NOW Eve has 6mg taken daily:  $6\text{mg} \times 7\text{days} = 42\text{mg}$  Now Iron Complex:  $27\text{mg} \times 2\text{days} = 54\text{mg}$   
Iron may cause stomach upset. If stomach issues develop stop taking and contact us.  
Iron is very toxic to children. Keep away from kids.



NOW Vitamin D-3 5,000 IU

Used to treat low vitamin D. Take 1-2 capsules daily. Repeat blood test in 8 weeks.  
Once blood levels normal, ADAM and EVE Multi which has D-3 1,000 IU should suffice.



NOW C-1000 Vitamin C Sustained Release  
Take 1000 mg before strenuous exercise



NOW Probiotic-10 25 Billion CFU-  
Take after any antibiotic therapy to repopulate gut bacteria



Natural Calm Magnesium Citrate, Raspberry Lemon flavor  
Take 1- 4 grams, 2 hour prior to sleep.  
Use to calm muscles and treat low magnesium levels.  
In too high a dose will cause diarrhea.  
Verify Kidney health prior to starting this supplement.



Mother Earth Ionic Angstrom  
Magnesium 2 oz bottle  
0.5 teaspoon sublingual  
(5mg) - (2 droppers, half filled)  
For those who have GI upset  
with Magnesium Citrate



### Where to buy

Luck Vitamins- [www.luckyvitamins.com](http://www.luckyvitamins.com)  
Amazon [www.amazon.com](http://www.amazon.com)