

## NUTRITIONAL SUPPORT? NUTRITION?

### Nutritional Supplementation

- Vitamins /supplements are very important to maintaining optimal health.
- Numerous studies show we do not get all the required nutrients from our diets.
- The manner of which you ingest a vitamin will greatly impact its ability to be absorbed into your blood stream.

#### We are often asked the following questions:

- What specific nutrients we recommend and the proper dosing?
- Can we recommend a specific brand?

### ★ Specific Nutritional supplements we recommend:

#### Vitamin D3 with K2

##### Why you need it:

- Essential for bone health, heart health and immune support
- Vitamin K is essential to support vascular health and calcium utilization

##### Dosing Recommendation:

- Amount needed varies - Average 1000 IU/day

##### Note:

- Be sure to find a supplement with the metabolically active form of Vitamin D so you can absorb and utilize the nutrient as well as K2.

#### Calcium

##### Why you need it:

- Essential for building and maintaining strong bones, healthy teeth and gums
- Promotes normal blood clotting, blood sugar levels, healthy pregnancy and fetal development, PMS symptoms, and normal enzyme and hormone regulation

##### Dosing Recommendation:

- 1200 mg premenopausal, 1500 mg postmenopausal

##### Note: the following can inhibit Calcium absorption

- If the supplements is not blended with Vitamin D and magnesium
- Best to be taken at night separate from a multivitamin

#### PreNatal Multivitamin

**Why you need it:**

- Provides vitamins and minerals essential for normal growth and development of the baby.
- Contains activated forms of select B vitamins to ensure optimal utilization by the body

**Note: Isotonic delivery system minimizes nausea that often comes from taking prenatal pill vitamins.**

## Antioxidants

**Why you need them:**

- Antioxidants are essential to combat oxidative stress and reduce inflammation. Both of these things create free radicals in our body.
- Free Radicals have been linked to over 60 degenerative diseases including Asthma, Allergies, Arthritis, Auto-Immune Diseases, Diabetes, High Cholesterol and others

## Antioxidants we specifically recommend

### *"OPC3"*

**Why we like it:**

- Fights free radicals
- Demonstrates anti-inflammatory products
- Helps maintain joint flexibility, healthy cholesterol levels, healthy circulation of capillaries, arteries and veins, mild menstrual cramping and abdominal pain and immune system building.
- Double Blind Placebo study done on this product revealed:
  - All major cardiovascular risk factors were improved with blood pressure, total cholesterol and fasting blood glucose lowered
  - With OPC-3 a dramatic and significant plasma C-reactive protein (inflammatory markers) decrease by 52.1% occurred
- Isotonix® Delivery System

**Dosing:**

- 1-2 capfuls daily – this is a food supplement so you can megadose depending on your health concerns.

### *"ORAC"*

**Why we like it:**

- Powerful antioxidant
- Supports a healthy immune system and healthy cholesterol levels
- Inhibits oxidation of LDL cholesterol
- Isotonix® Delivery System

**Note: A good ORAC supplement should have at least 3000 ORAC units in the form of high-ORAC value foods such as blueberries, cranberries and elderberries**

## **Answer to What Brand we recommend:**

## **Brand Recommendation:**

We have done a great amount of research and found a nutrient line that we feel confident to recommend

### **Absorption:**

- Everything you eat and drink, including nutritional supplements, must be made isotonic before passing into your small intestine where it can be absorbed. Because of this, we recommend vitamins to be taken in this form to provide maximum absorption of nutrients.

### **Challenge with Traditional Pills:**

- Traditional Pills are held together with binders, coatings, fillers and additives that your body should not have and also needs to break down prior to absorbing any nutrients.
- During digestion, the important micronutrients in pills and capsules can get trapped by fats, fibers, and tannins or inactivated by the highly acidic pH level of your stomach.
- Traditional Pills cause nausea for many people.

### **Why we like Isotonix® vitamins**

- Isotonix® supplements are readily absorbed by the stomach, which means there is minimal dilution of the nutrients, which provides you with maximum absorption. You see results.
- Isotonix® supplements come as a powder that you mix with a pre-measured amount of water, this process allows you to drink your vitamins and create customized vitamin "cocktails" that taste great and provide results.

*Please note: Women First Health Center does not profit in any way from the purchase of these supplements. We do, however, firmly believe in these vitamins/supplements and take many of them ourselves.*

## **Specific Supplements we Recommend**

Isotonix® OPC3

Isotonix® Maximum ORAC Formula

Isotonix® Prenatal Activated Multivitamin

Isotonix® Vitamin D with K2

Isotonix® Calcium Plus

## **TO ORDER OR LEARN ABOUT ANY OF THE SUPPLEMENTS WE RECOMMEND**

Click here (url: [www.isotonix.com/shopjess](http://www.isotonix.com/shopjess) )

Note: Jessica Michaud should be listed as the consultant. If you see another person listed, kindly contact our office so we can remedy this.

- If you have specific questions you can contact our nutritional consultant Jessica Michaud at 973-809-0556 or at [jessmichaud@verizon.net](mailto:jessmichaud@verizon.net)