

Nutritional Supplements

From: Dr. Dale Goodman
Licensed Brain Health Trainer & Coach with Amen Clinics

Medical & Legal Compliance Disclaimer

The information provided herein is for **educational and informational purposes only** and is based on my personal experience, research, and professional background. It is **not intended to diagnose, treat, cure, or prevent any disease**, nor is it intended to substitute for professional medical advice, diagnosis, or treatment.

Nutritional supplements are not regulated in the same manner as prescription medications by the U.S. Food and Drug Administration (FDA). Individual responses to supplements may vary. Always seek the advice of your physician or another qualified healthcare provider before starting, stopping, or modifying any supplement, diet, or lifestyle program—particularly if you are pregnant or nursing, have a medical condition, or are taking prescription or over-the-counter medications.

By choosing to use or rely on any information presented here, you acknowledge and agree that you do so voluntarily and **assume full responsibility for your own health decisions**. Dr. Dale makes no warranties, expressed or implied, and **disclaims any liability** for adverse reactions, outcomes, or consequences resulting from the use or misuse of the information or products discussed.

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Introduction — Dr. Dale

I have spent much of my life exploring the role of nutrition, supplementation, and lifestyle choices in supporting overall health and well-being. Opinions on supplementation vary, and I respect that diversity of thought. What follows is **not a recommendation or prescription**, but rather a transparent sharing of the personal regimen that I have chosen to follow and that has supported my own health over time.

My Personal Health Journey

I began exploring nutritional supplementation in my mid-twenties and have continued to refine my approach over the years. Alongside supplementation, I have prioritized consistent physical activity, a Mediterranean-style dietary pattern, and spiritual engagement as part of a broader, intentional lifestyle.

Through my academic studies at Amen University and my work as a Licensed Brain Health Trainer & Coach, I have further shaped this personal framework. At this stage of life, I follow a targeted nutritional approach intended to **support general wellness** of the brain, heart, liver, and body. The supplements referenced here are those I currently use, typically taken with meals, and are shared solely as an example of what has worked for me personally.

For more information
Contact: Dr. Dale Goodman
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A Whole-Person Perspective

Health and longevity are influenced by many factors. Supplements alone are not sufficient and should never be viewed as a standalone solution. In my experience, sustainable well-being is supported by:

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- **Sleep & Physical Activity:** Consistent sleep, cardiovascular exercise, and strength training
- **Nutrition:** A balanced, nutrient-dense diet and avoidance of alcohol, nicotine, and recreational substances
- **Social & Spiritual Health:** Meaningful relationships, community involvement, and faith-based practices

A balanced, integrative approach is essential. In all areas of life, moderation and consistency matter.

— *Dr. Dale*

Important Clarifications

- The supplements listed in subsequent sections are **nutritional supplements**, not pharmaceutical medications.
- I do **not endorse, promote, or represent any specific supplement brand**.
- No claims are made regarding disease prevention, treatment, or medical outcomes.
- Product formulations and personal needs may change over time.

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Supplement References

The supplements referenced reflect what I personally use at this point in my health journey. Availability, formulations, and individual needs vary, and I encourage you to conduct your own research and consult with qualified healthcare professionals before making any decisions.

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You may choose to explore these or other nutritional supplements through the links I have provided on Amazon or go to your preferred health retailer, based on what aligns best with your personal health goals and medical guidance.

Brain, Body, Mental Health

Multi-Vitamin over 50 without iron (Brain & Body Health)



I take at dinner.

Omega 3 Oil (Brain & Heart Health)



I take at dinner.

K2+D3 (Brain Health – Mood Support)



I take at breakfast or dinner.

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Methyl Folate (Brain Health & Mood)



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I take at breakfast or dinner.

B-Complex (Brain Health, Nervous System)



I take at breakfast or dinner.

DOPAMINE (Brain Health, Energy, Focus, Motivation)



I take at 2-3 at breakfast.

Saffron Extract (Brain Health & Mood)



I take at breakfast.

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5-HTP (Brain Health, Serotonin Booster& Mood Support – If you are on SSRI's or other mood stabilizer please consult with your MD)



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Take as recommended (Currently, I am not taking this.)

Acetyl L-Carnitine + **Huperzine A** (A good combo for brain energy)



&



I take at breakfast.

MEMORY

Ginkgo Biloba (Memory)



I take at breakfast or dinner.

Phosphatidylserine (Memory)



I take at breakfast or dinner.

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Prevagen (Memory)



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I take at breakfast.

Miscellaneous Supplements

Gut/Digestion

Probiotic (Brain/Serotonin/Gut Health)



I take at breakfast or dinner.

Digestive Enzymes (Brain/Body/Gut Health)



I take as recommended.

Liver Support (Liver health)



I take at breakfast or dinner.

CoQ10 (Immunity)



I take at dinner.

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