



Preferred vendors list

*There are many supplement companies but the majority of their products are ineffective or even dangerous because they are either **(1) poor in quality**—meaning that the constituents were either over processed, harvested in polluted environments, or not in the most bio available form for the body to utilize; or **(2) poor in quantity**—meaning that the amounts of the constituents are not concentrated enough to effect the body to any measurable degree. Therefore, we promote usage of physician grade supplements from nutraceutical companies that we have thoroughly investigated and found to provide consistent results in purity of quality and sufficient quantity. **Therefore if your supplement brand does not appear on this list (or any others I endorse) I am uncertain of its safety and efficacy and will not likely endorse it.** This list is not exhaustive but does represent the **brands** that we have used most often clinically and recommend the most and are in the highest tier of supplements available:*

- Allergy Research Group
- Ayush Herbs
- Bach Flower Remedies
- Designs for Health
- Gaia Herbs
- Heel/BHI
- Herb Pharm
- Hyland Homeopathics
- Innate
- Integrative Therapeutics
- Klaire Labs
- Nordic Naturals
- Pharmax
- Physiologics
- Priority One
- Pure Encapsulations
- Seroyal/Genestra and Unda
- Thorne
- Vital Nutrients
- Wise Woman Herbals

**Most of these brands are not sold in stores and must be ordered by a physician, however reputable companies that offer 2nd tier quality supplements are on my blog.*

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