



Dr. Anne's Supplement List

During the course of your wellness journey, Dr. Anne will likely recommend some of the below supplements to you to ensure that you maintain optimal health. Below, we have broken down the names of her favorite supplements and why she may recommended it to you.

DIM Plus - A plant compound that promotes healthy estrogen metabolism and balance. Aids the body in the breakdown and removal of excess estrogen.

Saw Palmetto - A natural supplement that aids with balancing testosterone.

DHEA - DHEA is a hormone found inside of our bodies. Age, stress and thyroid issues can all make your DHEA levels fall. In many women, DHEA helps to regulate cortisol and assist your body with making serotonin, estrogen and testosterone.

D3 - There are endless benefits of Vitamin D for women. Our primary focus is for strengthening of bones, boosting your immune system and the nutrition it provides for your brain. We recommend Vit D3 because it is the most bioavailable form of Vitamin D.

Biotin - Who doesn't want healthy skin, hair and nails?

Melatonin XR - Melatonin is a hormone that is produced in our pineal gland that assists in having a restful nights sleeps. Improper hormone balance can impact how much Melatonin our bodies make. In addition to being an effective sleep aid, Melatonin has potent antioxidant and anti-aging benefits.

Milk Thistle - Milk Thistle is a flowering herb related to the daisy and ragweed family that are an antioxidant known to help protect the liver from toxins and acts as a detoxification when initially ingested.

Zinc - The benefits of zinc include the proper function of the immune and digestive system, reduction of stress levels, energy and metabolism.

Green Tea - Besides being a powerful antioxidant, Green Tea is known to increase metabolism, assists in regulating glucose levels, blood pressure cholesterol.

B Complex - Vitamin B helps the body convert food into glucose, which provides energy to the body. B Complex is a vitamin that combines all eight of the B nutrients. B1 helps the body make new cells. B2 works as the antioxidant. B3 known as Niacin boosts HDL (good cholesterol). B5 is responsible for the production of sex and stress related hormones and healthy skin. B6 helps regulate amino acids. B7 is associated with healthy skin, hair and nails. B9 (Folic Acid) helps fight depression and improve memory. B12 works with B9 to produce red blood cells and help iron do its job.

Omega 3 - Besides the known heart health benefits, also may fight depression, improves eye health.

Probiotic - live bacteria and yeasts that are good for your health, especially your digestive system. Your body is full of bacteria, both good and bad. Probiotics are often called "good" or "helpful" bacteria because they help keep your gut healthy.

Turmeric - strong anti-inflammatory properties, increases antioxidant capacity, boosts brain function, improves heart health, benefits pts with depression, may help delay aging and age related diseases