



Women's Wellness

Supplement Guide

NURTURE YOUR HEALTH
&
TRANSFORM YOUR LIFE

DR LORI PUSKAR

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Welcome!

As women, our bodies go through extraordinary shifts—monthly, seasonally, and across each chapter of life. Whether you're navigating the tender transitions of perimenopause, feeling the demands of motherhood, or simply seeking more energy, clarity, and balance—your body deserves deep nourishment and unwavering support.

This supplement guide was created just for you. Each formula is carefully selected to support the very systems that influence how you feel each day—your hormones, liver, adrenals, thyroid, brain, and gut.

You'll find gentle, whole-food based supplements that don't just cover symptoms, but lovingly help your body reset, repair, and return to balance. These aren't generic vitamins off the shelf. They are clinically-backed, professional-grade tools designed to support real women with real health concerns.

My Wish for You.

My hope is that as you read, you feel seen, supported, and empowered to take the next right step on your wellness journey—because you deserve to feel vibrant, grounded, and whole.

Love, Dr. Lori 💕

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A-F Betafood®

A-F Betafood® – 180 Tablets Supports: Liver detox, hormone metabolism, and bile flow
A-F Betafood combines organic beets with vitamin A and essential fatty acids to support the biliary system, including gallbladder health, healthy bile flow, and bile production. This is crucial for women, as efficient liver function aids in the detoxification of excess estrogen, reducing symptoms like bloating and PMS.

Benefits:

In addition to its primary liver and hormone detox benefits, A-F Betafood® is especially valuable for women navigating perimenopause or menopause, when the body's ability to clear excess hormones begins to decline. The liver's role in estrogen clearance becomes even more important during this phase, as sluggish bile flow can lead to estrogen dominance—often manifesting as irritability, breast tenderness, stubborn weight, or heavy cycles.

Furthermore, the betaine found in organic beets enhances methylation pathways, one of the key detox routes the body uses to safely metabolize hormones, neurotransmitters, and toxins. Supporting this pathway also benefits mood regulation and energy. The inclusion of natural sources of vitamin A adds additional liver and skin support, promoting cellular repair and resilience. For women feeling bloated, foggy, or hormonally “off,” A-F Betafood lays a foundational groundwork for detox and balance—gently and effectively.

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Cataplex® B

Cataplex® B – 180 Tablets Supports: Nervous system balance, energy metabolism
Cataplex B supports overall health and nervous system health. This food-based B-vitamin complex boosts cellular energy, supports mood, and helps calm irritability. Women prone to burnout, anxiety, or PMS often benefit from additional B vitamins to fuel neurotransmitters and metabolism.

Benefits:

Cataplex® B offers a deeply restorative approach to one of the most essential, yet commonly depleted, nutrient groups in women—B vitamins. These nutrients are the spark plugs behind energy production, brain function, and emotional resilience. But what sets Cataplex B apart is its whole-food origin. Instead of isolated, synthetic forms, this supplement delivers a full spectrum of B vitamins as they occur in nature—complete with their necessary cofactors for optimal absorption and function. This means your body recognizes and uses them efficiently, with fewer side effects.

For women facing cycles of exhaustion, emotional overwhelm, or hormonal mood swings, Cataplex B helps nourish the nervous system at the root. It supports the production of key neurotransmitters like serotonin and dopamine, making it especially effective for those experiencing anxiety, irritability, or the emotional ups and downs of PMS. Whether you're navigating hormonal changes, career stress, or just trying to keep your head above water, this gentle but powerful formula brings balance, steadiness, and renewed vitality from within.

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Cataplex® B Core

Cataplex® B-Core – 120 Tablets Supports: Heart health, cognitive clarity, and hormone regulation Cataplex B-Core contains naturally-occurring phytonutrients and B vitamins including thiamin and folate derived from the whole food matrix. A more concentrated B-complex to further support those with nervous system stress, menstrual irregularities, or mental fog. Excellent for women feeling overwhelmed, “wired but tired,” or experiencing hormone-induced brain fog.

Benefits:

Cataplex® B-Core goes beyond basic B-vitamin support—it’s a concentrated, clinical-strength formula for women who are under chronic stress, emotionally overloaded, or hormonally unbalanced. This potent blend is particularly effective when standard B-complexes fall short. The inclusion of folate and thiamin from whole food sources supports the methylation pathways crucial for hormone detoxification and neurotransmitter synthesis, which in turn directly influence mood, focus, and cycle regularity.

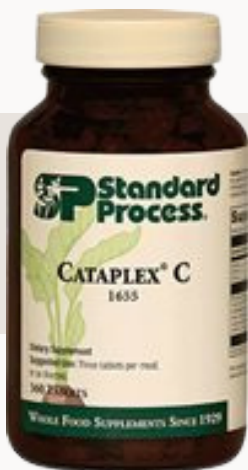
For women who describe themselves as constantly “on,” yet exhausted—those who are mentally foggy, emotionally sensitive, or waking up tired despite a full night’s sleep—B-Core offers a reset. It not only replenishes depleted nutrients but also helps recalibrate the body’s ability to handle stress and regulate hormones. This makes it an ideal daily formula for high-functioning women who are holding a lot—career, motherhood, aging, caregiving—and need focused, brain-and-body support to keep going strong without burning out.

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Cataplex® C

Cataplex® C – 90 Tablets Supports: Immune resilience, adrenal recovery, collagen health Cataplex C supports the immune system, skin and connective tissue, and bone health. Vitamin C is vital for collagen production, healthy skin, and adrenal function. Women under chronic stress deplete vitamin C fast, and this whole-food form supports vibrant skin and a stronger stress response.

Benefits:

Beyond its immune and skin benefits, Cataplex® C offers deep restorative support for women living in a constant state of “go.” Chronic stress—whether from emotional strain, over-scheduling, or hormonal changes—rapidly burns through the body’s reserves of vitamin C, particularly within the adrenal glands. These glands are responsible for producing cortisol and other hormones that regulate our energy, stress response, and even reproductive balance. When depleted, the result can be fatigue, anxiety, skin dullness, and a weakened immune defense.

What makes Cataplex C unique is that it's sourced from whole foods like acerola cherries and buckwheat, delivering bioavailable vitamin C alongside natural cofactors like rutin and bioflavonoids—compounds that enhance absorption and healing. For women dealing with burnout, fragile skin, or frequent immune dips, this supplement can help rebuild from the inside out, supporting not only resilience but also radiance. It's like giving your body a daily dose of restoration and glow.

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Choline

Choline – 90 Tablets Supports: Liver health, brain function, hormone metabolism
Choline, a choline supplement made with choline bitartrate containing 180 mg of choline per serving, supports healthy fat metabolism. It also supports memory, focus, and fat metabolism, making it crucial for women in midlife managing perimenopause brain fog or weight concerns.

Benefits:

Choline is one of the most underrated yet essential nutrients for women—especially during midlife, when hormonal shifts can impact both cognition and metabolism. As a key methyl donor, choline plays a vital role in liver detoxification and estrogen metabolism, helping the body safely process and eliminate hormones. This is critical for reducing estrogen dominance, which is linked to weight gain, PMS, fibroids, and even increased cancer risk. Choline's support for the liver also improves fat metabolism, making it an ally for women struggling with stubborn belly fat or feeling “puffy” despite clean eating.

But perhaps most notably, choline is a brain nutrient. It's the precursor to acetylcholine, a neurotransmitter that governs memory, learning, and mental clarity. When levels are low, women may experience the frustrating "brain fog" that often accompanies perimenopause or postpartum recovery. Supplementing with choline can sharpen focus, improve word recall, and restore mental energy—allowing women to feel more like themselves again. Whether you're a busy mom, an executive, or in the midst of hormonal change, choline supports both your brilliance and your balance.

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Drenamin®

Drenamin® – 90 Tablets Supports: Adrenal function, fatigue relief, and mental clarity
Drenamin is an adrenal function and energy production support supplement, with vitamins involved and associated with emotional balance. Chronic stress and adrenal fatigue are major disruptors in women's hormonal cycles. Drenamin supports adrenal glands, helps reduce fatigue, stabilize mood, and improve resilience.

Benefits:

What makes Drenamin® such a vital tool for modern women is its unique ability to nourish the adrenal glands in a time when so many of us are running on empty. Whether you're juggling work, caregiving, or the quiet stress of trying to keep it all together, the wear and tear on your adrenal system is real—and often invisible. Drenamin helps fill the gaps caused by chronic stress, offering targeted nutrients like B vitamins and vitamin C, alongside adrenal tissue concentrates that gently restore balance where it's needed most.

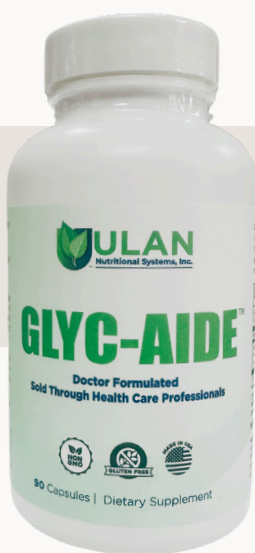
This isn't a quick energy fix—it's a long-term support strategy. By rebuilding your stress response system from the inside out, Drenamin can help you reclaim your stamina, mental clarity, and emotional steadiness. It's especially helpful for women navigating perimenopause, when adrenal health becomes even more critical as the ovaries begin to slow hormone production. With daily support from Drenamin, you can move from feeling depleted to feeling strong, present, and more like yourself again.

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Glyc Aide

Glyc-Aide – 90 Capsules Supports: Blood sugar balance and insulin sensitivity Doctor-formulated to support blood glucose regulation, Glyc-Aide is essential for women experiencing weight fluctuations, PCOS, cravings, and hormonal mood swings. It helps balance cortisol and insulin—two hormones that, when imbalanced, impact everything from belly fat to energy.

Benefits:

What makes Glyc-Aide especially powerful for women is its ability to address one of the most overlooked root causes of hormonal imbalance: blood sugar dysregulation. When glucose and insulin levels spike and crash throughout the day, it places a heavy burden on the adrenal glands, leading to cortisol surges that contribute to weight gain around the midsection, sleep disturbances, and emotional volatility. This blood sugar rollercoaster is a common trigger for PMS symptoms, irritability, fatigue, and even fertility challenges in women with PCOS or estrogen dominance.

By gently supporting insulin sensitivity and improving how the body utilizes glucose, Glyc-Aide helps stabilize energy, reduce sugar cravings, and bring a sense of calm and emotional steadiness. This also supports long-term metabolic health, making it an important ally not just for symptom relief, but for disease prevention. For women who feel like their energy, weight, or moods are out of their control—Glyc-Aide can be the turning point toward a more stable and empowered body.

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Min Tran®

Min-Tran® – 330 Tablets Supports: Sleep, relaxation, mood regulation Min-Tran is a nervous system support supplement, a good source of magnesium, which supports the actions of neurotransmitters that help regulate mood. A gentle, calming mineral blend that reduces nervous tension, supports restful sleep, and nourishes the nervous system. Great for women with anxiety, menstrual-related insomnia, or mood swings.

Benefits:

Min-Tran® is like a soft exhale in supplement form—providing the calming mineral nourishment that so many women silently crave. In a world of constant stimulation and pressure, the nervous system is often overstimulated, leaving women feeling anxious, wired at night, and emotionally fragile. Min-Tran delivers bioavailable magnesium and calcium from plant sources, which help regulate the activity of GABA and other calming neurotransmitters. This brings a natural sense of ease and centeredness without sedation or grogginess.

It's especially helpful for women experiencing the emotional highs and lows tied to menstrual cycles, perimenopause, or burnout. When taken in the evening, Min-Tran can help quiet racing thoughts, ease physical tension, and promote deeper, more restorative sleep. It's also gentle enough to use daily as a foundational nervous system tonic—supporting emotional steadiness and mood resilience. For the woman who feels like her “off switch” is broken or her sleep is elusive, Min-Tran offers a deeply nourishing path back to balance.

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Multizyme®

Multizyme® – 90 Capsules Supports: Digestive health, nutrient absorption, anti-bloating Multizyme is a pancreatic enzyme supplement that contains digestive enzymes, including bromelain, amylase, and lipase. A powerful enzyme blend that enhances the breakdown of fats, carbs, and proteins. Essential for women with digestive sluggishness, post-meal bloating, or deficiencies impacting hair, skin, and hormones.

Benefits:

Multizyme® is a game-changer for women who feel like their digestion just isn't what it used to be. Whether it's bloating after meals, feeling full for too long, or noticing that your skin, hair, or nails are suffering despite a healthy diet—poor enzyme activity could be the hidden culprit. As we age or go through hormonal changes, our natural enzyme production often declines, making it harder to fully break down and absorb the nutrients from even the best whole-food meals. Multizyme's blend of bromelain (from pineapple), amylase, and lipase gives your digestive system the support it needs to unlock the nutrition in your food.

Beyond just comfort, proper digestion is key for hormone health. Fats, in particular, need to be broken down efficiently to build and regulate hormones. If your body isn't absorbing the essential fatty acids, amino acids, and fat-soluble vitamins (like A, D, E, and K), your hormonal and metabolic systems suffer. Multizyme ensures that every bite you take works for you—not against you—by enhancing digestive efficiency and reducing the strain on your pancreas and liver. For women with sluggish digestion, post-gallbladder removal, or chronic bloat, this supplement is not just helpful—it's foundational.

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Organically Bound Minerals

Organically Bound Minerals – 180 Tablets Supports: Thyroid, hair growth, and mineral balance Organically Bound Minerals contains iodine from alfalfa and kelp. A powerful plant-based trace mineral formula that supports thyroid function, balances electrolytes, and boosts hair and nail strength. Women often experience deficiencies due to monthly cycles or pregnancy—this replenishes naturally.

Benefits:

What makes Organically Bound Minerals so essential for women is its gentle yet effective way of replenishing one of the most overlooked foundations of health: trace minerals. Unlike synthetic mineral supplements that can be harsh or poorly absorbed, this formula draws from nature—kelp and alfalfa—to deliver bioavailable iodine and a spectrum of naturally chelated minerals. Iodine, in particular, is critical for healthy thyroid function, which governs metabolism, energy, and hormonal regulation. When thyroid function is low—even subtly—women may notice symptoms like hair thinning, fatigue, weight gain, and feeling “off” emotionally.

This supplement is especially important for women who have been through pregnancy, heavy periods, or hormonal changes that deplete mineral stores over time. It's also a valuable tool during perimenopause or postpartum recovery, when mineral needs spike and signs of imbalance—like brittle nails, dry skin, or sluggishness—begin to show. With consistent use, Organically Bound Minerals helps restore inner equilibrium, giving women the building blocks needed for a stronger thyroid, healthier hair, and more vibrant energy.

TO PURCHASE ORGANICALLY BOUND MINERALS:
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Women's Wellness Package Bundle

Purchase 1 bottle of each supplement in this guide and
receive your

15% OFF BUNDLE DISCOUNT

A \$333.00 value for
only \$283

Benefits:

To make this as simple and seamless as possible, I've created a convenient package bundle of all 10 supplements featured in the guide.

These are the exact formulas I've seen produce the most significant, lasting improvements in hormone balance, energy, weight, mood, and overall women's health.

When you purchase your initial bottle of each supplement in this curated bundle, you'll receive an exclusive 15% discount as part of your commitment to getting started the right way—no guesswork, no piecing things together.

This is a complete, professional-grade foundation for your hormone wellness journey, delivered to your door and backed by 30 years of clinical results.

TO PURCHASE WOMEN'S WELLNESS SUPPLEMENT BUNDLE:

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Supplement Recommendations

Important Note;

Now, It may be tempting to pick and choose from these supplements—maybe grab just one or two that sound like they fit your symptoms. But here's what most women don't realize: your body is beautifully complex.

You are over 12 interdependent organ systems, balancing 67 Hormones, housing 37 trillion living cells, all communicating, repairing, detoxifying, and recalibrating every single moment of the day.

Each of these formulas was chosen with great care to support all of you—not just your symptoms, but the root systems that keep you functioning, healing, and thriving.

At this stage of life—especially in your 40s, 50s, and beyond—you can't afford to leave gaps. Your hormones, your nervous system, your liver, adrenals, thyroid, gut, brain, and even your skin and sleep cycles need consistent, layered support.

Taking these Recommendations as a FULL Protocol is what has been my success with thousands of women over 30 years.

Taking this full protocol daily is not about doing more—it's about doing the right things in the right combination to finally get results.

You are not a random list of complaints; you are a whole woman with a whole body that deserves whole support.

Make your health the priority it truly is—and invest in following this exact regimen with consistency and love. It will change your life. 💕

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Supplement Recommendations

For Mild Symptoms - take one (1) of each supplement, one (1) time per day

For Moderate Symptoms - take one (1) of each supplement, (2) times per day

For Severe Symptoms - take one (1) of each supplement , (3) times per day

SUPPLEMENT NAME	QR CODE	PURCHASE LINK	PRICE
AF Betafood		<u>CLICK HERE TO PURCHASE</u>	\$28.00
Cataplex B		<u>CLICK HERE TO PURCHASE</u>	\$26.00
Cataplex B Core		<u>CLICK HERE TO PURCHASE</u>	\$43.00
Cataplex C		<u>CLICK HERE TO PURCHASE</u>	\$17.00
Choline		<u>CLICK HERE TO PURCHASE</u>	\$16.00
Drenamin		<u>CLICK HERE TO PURCHASE</u>	\$46.00
Glyc-Aide		<u>CLICK HERE TO PURCHASE</u>	\$64.00
Min Tran		<u>CLICK HERE TO PURCHASE</u>	\$28.00
Multizyme		<u>CLICK HERE TO PURCHASE</u>	\$29.00
Organically Bound Minerals		<u>CLICK HERE TO PURCHASE</u>	\$36.00

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Thank you!

Thank you so much for taking the time to explore my Wellness Supplement Guide for better health.

My hope is that it brought you greater clarity and insight into the power of high-quality, natural support for your hormones, energy, mood, and vitality.

But please know this...

While these supplements are truly exceptional, your body is unique. What works best for you depends on your personal history, symptoms, and deeper root causes—many of which can't be fully uncovered in a general guide.

If you're looking for a more tailored approach—one that fits you, your life, your goals, and your body—I'd be honored to connect with you personally.

I invite you to schedule a no-cost, no-pressure phone consultation with me.

It's a safe and loving space where we can talk more about what you're going through and whether a customized, natural healing plan might be the next right step for you.

You deserve to feel clear, vibrant, and fully yourself again. And with the right support, you absolutely can.

With love and healing,
Dr. Lori ❤️



Schedule FREE Phone Consult:



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