**Nutritional Supplements

The following is a list of my favorite\* nutritional supplements for maintaining optimal health and wellness.**Links to Amazon, primarily, are provided, though this may not be your preferred retailer. I prefer purchasing these products in-person as the brick and mortar stores stand by their products. Many of these supplements can be purchased at Whole Foods, your local natural grocery store, Pharmaca, natural pharmacies, and some standard pharmacies and grocery stores. There are many reputable online storefronts as well. Some online retailers may not send you the real products. Beware.
I did receive a bad batch of Thorne products from Amazon once.

***\*Disclaimer:*** *Please consult a knowledgeable physician (not all are trained to know about supplements and plant extracts) prior to beginning any new supplementation. While these supplements are all generally considered very safe, we are not made equal and each individual has different nutritional needs and sensitivities. This is very important to consider when taking any medication or dietary supplement.*

*This list is of my personal recommendations/guidelines and are not intended to diagnose, cure, treat or prevent any ailment or condition. I am not affiliated with any of these product manufacturers and assume no risk if you decide to purchase and/or consume any of them. Always consult a qualified physician before beginning to take any supplements or medications. Ask a knowledgeable physician for guidelines on which supportive supplements might work best for you and your family.* *Seattle Integrative Therapies LLC does not assume any responsibility for choices you make in your healthcare with respect to the content in this document, nor do we make any claims for specific, individual outcomes.*

**Immune Support**Yes, I *really* do give my kids all of these and take them myself, and YES they *really* do work for US!
YOUR results may vary.

I “sneak” probiotics, Vit’s D3/k2 into a daily portion of applesauce and then give them teaspoons each of fish oil (Ultimate Omega), elderberry syrup and Vit’ C liquid (or chewable). I also give them B12/L5MTH lozenges regularly.

* Elderberry, Gaia Herbs Syrup Gaia Herbs, Elderberry Syrup[*https://www.amazon.com/Gaia-Herbs-Elderberry-5-4-Ounce-Bottle/dp/B00F43LEKS/ref=sr\_1\_1\_a\_it?ie=UTF8&qid=1518638259&sr=8-1&keywords=gaia%2Bherbs%2Bblack%2Belderberry&dpID=41Uu8FDeX0L&preST=\_SY300\_QL70\_&dpSrc=srch&th=1*](https://www.amazon.com/Gaia-Herbs-Elderberry-5-4-Ounce-Bottle/dp/B00F43LEKS/ref%3Dsr_1_1_a_it?ie=UTF8&qid=1518638259&sr=8-1&keywords=gaia%2Bherbs%2Bblack%2Belderberry&dpID=41Uu8FDeX0L&preST=_SY300_QL70_&dpSrc=srch&th=1)
* Vitamin D3 + Vitamin K (They need to be taken together! Also taking with Vit C and Magnesium is a good idea!)
*Adults:* Healthy Origins, 10,000 IU (daily dose for adult—take a bit more when sick or avoiding illness). Always take with K2/MK7 (below)
[https://www.amazon.com/Healthy-Origins-Vitamin-Non-GMO-Softgels/dp/B0031BQN10/ref=sr\_ph\_1\_s\_it?ie=UTF8&qid=1518638408&sr=sr-1&keywords=healthy+origins+vitamin+d3&dpID=51cqMS%252BJa2L&preST=\_SY300\_QL70\_&dpSrc=srch](https://www.amazon.com/Healthy-Origins-Vitamin-Non-GMO-Softgels/dp/B0031BQN10/ref%3Dsr_ph_1_s_it?ie=UTF8&qid=1518638408&sr=sr-1&keywords=healthy+origins+vitamin+d3&dpID=51cqMS%252BJa2L&preST=_SY300_QL70_&dpSrc=srch)
* Life extension, Super K with Advanced K2 Complex
[https://www.amazon.com/Life-Extension-Advanced-Complex-softgels/dp/B004GW4S0G/ref=sr\_1\_1\_s\_it?s=hpc&ie=UTF8&qid=1518638530&sr=1-1&keywords=life%2Bextention%2Bvitamin%2Bk&th=1](https://www.amazon.com/Life-Extension-Advanced-Complex-softgels/dp/B004GW4S0G/ref%3Dsr_1_1_s_it?s=hpc&ie=UTF8&qid=1518638530&sr=1-1&keywords=life%2Bextention%2Bvitamin%2Bk&th=1)
* For kids, I recommend Vitamin D3 Drops: Thorne brand or Maxx Life brand liquid D3 drops with K2 (dosage determined by weight and health status, but generally 1k for infants 6mos and older, 4-6k daily for 3-5 years, gradually increasing to 8-10k for bigger kids and adults).
Maxx Life Brand (more potent and easier to dispense): [https://www.amazon.com/Vitamin-Liquid-Drops-MK-7-Full/dp/B00VF8DPZI/ref=sr\_ph\_1\_s\_it?ie=UTF8&qid=1518638628&sr=sr-1&keywords=vitamin+d3+drops+with+k2](https://www.amazon.com/Vitamin-Liquid-Drops-MK-7-Full/dp/B00VF8DPZI/ref%3Dsr_ph_1_s_it?ie=UTF8&qid=1518638628&sr=sr-1&keywords=vitamin+d3+drops+with+k2)

Thorne Brand (lower concentration for infants and very wee ones): [https://www.amazon.com/Thorne-Research-Dispenser-Supplement-Vitamins/dp/B0797MKL7B/ref=sr\_1\_3\_s\_it?s=hpc&ie=UTF8&qid=1518639202&sr=1-3&keywords=thorne+liquid+d3&dpID=41LqWTx70eL&preST=\_SY300\_QL70\_&dpSrc=srch](https://www.amazon.com/Thorne-Research-Dispenser-Supplement-Vitamins/dp/B0797MKL7B/ref%3Dsr_1_3_s_it?s=hpc&ie=UTF8&qid=1518639202&sr=1-3&keywords=thorne+liquid+d3&dpID=41LqWTx70eL&preST=_SY300_QL70_&dpSrc=srch)

* Ultimate Omega (fish oils/omega 3s), Nordic Naturals
*Adult (capsules):* [*https://www.amazon.com/Nordic-Naturals-Ultimate-Support-Healthy/dp/B000HDV7YS/ref=sr\_1\_1\_sspa?s=hpc&ie=UTF8&qid=1518639301&sr=1-1-spons&keywords=ultimate+omega+nordic+naturals&psc=1&smid=AD4JTYB7A7HOQ*](https://www.amazon.com/Nordic-Naturals-Ultimate-Support-Healthy/dp/B000HDV7YS/ref%3Dsr_1_1_sspa?s=hpc&ie=UTF8&qid=1518639301&sr=1-1-spons&keywords=ultimate+omega+nordic+naturals&psc=1&smid=AD4JTYB7A7HOQ) *Kids and Adults (I prefer liquid myself):* [*https://www.amazon.com/Nordic-Naturals-Ultimate-Support-Healthy/dp/B015RZ8AN6/ref=sr\_1\_4\_s\_it?s=hpc&ie=UTF8&qid=1518639380&sr=1-4&keywords=ultimate%2Bomega%2Bnordic%2Bnaturals%2Bliquid&dpID=51U0c8F7skL&preST=\_SY300\_QL70\_&dpSrc=srch&th=1*](https://www.amazon.com/Nordic-Naturals-Ultimate-Support-Healthy/dp/B015RZ8AN6/ref%3Dsr_1_4_s_it?s=hpc&ie=UTF8&qid=1518639380&sr=1-4&keywords=ultimate%2Bomega%2Bnordic%2Bnaturals%2Bliquid&dpID=51U0c8F7skL&preST=_SY300_QL70_&dpSrc=srch&th=1)
* Vitamin C:

*Chewable Tabs:* Different flavors available, dosage is high—dependent on weight and health status. I give my 3-year-old two a day during cold season, my 5 & 7-year-olds have 3-4/day…I chew 4-8/day during cold season OR adults can take the C Salts, listed below:[*https://www.amazon.com/Natural-Factors-Blueberry-Raspberry-Boysenberry/dp/B0001LJ3UQ/ref=sr\_1\_9\_s\_it?s=hpc&ie=UTF8&qid=1518639823&sr=1-9&keywords=chewable%2Bvitamin%2Bc&th=1*](https://www.amazon.com/Natural-Factors-Blueberry-Raspberry-Boysenberry/dp/B0001LJ3UQ/ref%3Dsr_1_9_s_it?s=hpc&ie=UTF8&qid=1518639823&sr=1-9&keywords=chewable%2Bvitamin%2Bc&th=1) *Liquid for Kids (lower potency than chewables above, so several tsp may be required):* [*https://www.amazon.com/Liquid-Vitamin-Orange-Flavor-4-Ounce/dp/B00016RLSC/ref=sr\_ph\_1\_s\_it?ie=UTF8&qid=1518640066&sr=sr-1&keywords=liquid+vit+c*](https://www.amazon.com/Liquid-Vitamin-Orange-Flavor-4-Ounce/dp/B00016RLSC/ref%3Dsr_ph_1_s_it?ie=UTF8&qid=1518640066&sr=sr-1&keywords=liquid+vit+c)

*Mega Dose for Adults*: C Salts—dissolve in liquid and drink: great for acute needs or during times of exposure:
https://www.amazon.com/C-Salts®-Buffered-Vitamin-Powder-1000mg/dp/B002K9N6Y6/ref=sr\_1\_1\_sspa?s=hpc&ie=UTF8&qid=1518640095&sr=1-1-spons&keywords=C+Salts&psc=1

* Prescript Assist, Soil-based, Probiotic and Prebiotic [https://www.amazon.com/Prescript-Assist-Light-Previous-formula-protein/dp/B073GDN3LT/ref=sr\_1\_1\_s\_it?s=hpc&ie=UTF8&qid=1518641092&sr=1-1&keywords=gut+pro+organic+3&dpID=5184761F8uL&preST=\_SY300\_QL70\_&dpSrc=srch](https://www.amazon.com/Prescript-Assist-Light-Previous-formula-protein/dp/B073GDN3LT/ref%3Dsr_1_1_s_it?s=hpc&ie=UTF8&qid=1518641092&sr=1-1&keywords=gut+pro+organic+3&dpID=5184761F8uL&preST=_SY300_QL70_&dpSrc=srch)
* Gut Pro, by Organic 3, high-quality probiotic. Keep refrigerated. Follow useage guidelines on the site and purchase the measuring spoons too. <http://organic3.com/supplements/probiotics/gutpro>
* Fresh garlic! Cook with lots of garlic and onions!
* I also really love the delicious Ningxa Red, essential oil “juice”, by Young Living Oils, as a daily supplement, for health and energy, but it is pricey and only one of my kids tend to take it regularly. <http://ningxiared.com>

***When sick or in “prevention mode”—for ex, you know you’re exposed:***

* Zinc Lozenges: Suck at the first sign of sore throat or runny nose, take every couple of hours until symptoms subside or you reach a max dosage—and sense of taste is altered). DO NOT take daily for more than a week. ALWAYS have food in your stomach first or you may get nauseous. Don’t give kids more than 5-20mg/day. Adults can tolerate way more.
*For Adults:* [https://www.amazon.com/Natures-Way-Natural-Berry-Lozenges/dp/B00J11M098/ref=sr\_1\_4\_s\_it?s=hpc&ie=UTF8&qid=1518642074&sr=1-4&keywords=zinc+lozenges&dpID=41uKo1NU52L&preST=\_SY300\_QL70\_&dpSrc=srch](https://www.amazon.com/Natures-Way-Natural-Berry-Lozenges/dp/B00J11M098/ref%3Dsr_1_4_s_it?s=hpc&ie=UTF8&qid=1518642074&sr=1-4&keywords=zinc+lozenges&dpID=41uKo1NU52L&preST=_SY300_QL70_&dpSrc=srch)
 *For Kids: I like this lower dose brand.* [*https://www.amazon.com/Quantum-Health-Thera-Lozenges-Elderberry/dp/B00DQSS50A/ref=sr\_1\_2\_s\_it?s=hpc&ie=UTF8&qid=1518642204&sr=1-2&keywords=zinc+lozenges+thera+zinc*](https://www.amazon.com/Quantum-Health-Thera-Lozenges-Elderberry/dp/B00DQSS50A/ref%3Dsr_1_2_s_it?s=hpc&ie=UTF8&qid=1518642204&sr=1-2&keywords=zinc+lozenges+thera+zinc)
* Echinacea Tincture (take a few times a day, also at first sign of illness)
* Extra Elderberry Syrup, See above. (One can’t easily overdose on this, so adults feel free to take a few teaspoons a day. Generally considered safe while pregnant and safe for kids.)
* Garlic and Onions (Cook, eat raw, and also, garlic-mullein oil drops are excellent for ear health or treating/preventing mild ear infections).
* Bone Broths
* Extra pro-biotics (increase dose), see above.
* Essential oils for immune support:
 *Peppermint, Rocky Mountain Oils or Young Living (vitality line)*: Excellent for opening respiratory pathways when congested (diffuse in room or rub on chest/neck, back of head or wrists/feet). Great fever reducer when rubbed on wrists, forehead/neck. chest or feet. Excellent immune and alertness/energy booster when 1-2 drops are placed in drinking water. [https://www.amazon.com/Rocky-Mountain-Oils-Peppermint-15ml-Essential/dp/B00J2EQ8SS/ref=sr\_ph\_1\_s\_it?ie=UTF8&qid=1518642558&sr=sr-1&keywords=rocky+mountain+essential+oils+peppermint](https://www.amazon.com/Rocky-Mountain-Oils-Peppermint-15ml-Essential/dp/B00J2EQ8SS/ref%3Dsr_ph_1_s_it?ie=UTF8&qid=1518642558&sr=sr-1&keywords=rocky+mountain+essential+oils+peppermint)
 *Immune Strength Blend\*,* Rocky Mountain Oils. Contains pure essential oils of rosemary, cinnamon, cloves [https://www.amazon.com/Rocky-Mountain-Oils-Strength-15ml-Essential/dp/B00J2EQOS2/ref=sr\_ph\_1\_s\_it?ie=UTF8&qid=1518642514&sr=sr-1&keywords=rocky+mountain+essential+oils&dpID=41rRKQfbgsL&preST=\_SY300\_QL70\_&dpSrc=srch](https://www.amazon.com/Rocky-Mountain-Oils-Strength-15ml-Essential/dp/B00J2EQOS2/ref%3Dsr_ph_1_s_it?ie=UTF8&qid=1518642514&sr=sr-1&keywords=rocky+mountain+essential+oils&dpID=41rRKQfbgsL&preST=_SY300_QL70_&dpSrc=srch)
 *Thieves Blend\*, Young Living*. Contains pure essential oils of:
<https://www.youngliving.com/en_US/products/c/thieves>
 *\*Recommended uses: diffuse in the home to aid in the prevention of colds and viruses or to relieve sinus congestion, rub on wrists or feet or back of neck (may need to be diluted) to treat or prevent colds/flus, take one drop in mouth (thieves only) to destroy a sore throat.*

**Cognitive and Detox/Methylation Support**

* Active B12 with L-5-MTHF, Lozenges, Seeking Health: Sublingual Vitamin B12 Lozenges with L5MTHF (the most bioavailable form of “folate”—it is not really folate/folinic acid, but the end-product that it is broken down into.) [https://www.amazon.com/L-5-MTHF-Physician-Formulated-Seeking-Health/dp/B00822JNTC/ref=sr\_ph\_1\_s\_it?ie=UTF8&qid=1518642335&sr=sr-1&keywords=active+b12+with+l-5-mthf](https://www.amazon.com/L-5-MTHF-Physician-Formulated-Seeking-Health/dp/B00822JNTC/ref%3Dsr_ph_1_s_it?ie=UTF8&qid=1518642335&sr=sr-1&keywords=active+b12+with+l-5-mthf)
Great product for kids! (I give 2-3 for a 35 lb child, 3-4 of them daily for a kid of 50-65lbs, etc. Dosage depends on individual: those with known methylation issues will need a higher dose to offset their genetic reduced ability to absorb.)
* Methyl-Guard Plus, by Thorne research [https://www.amazon.com/Thorne-Research-Methyl-Guard-Methylation-Supplement/dp/B00O5AHC4S/ref=sr\_1\_4\_s\_it?s=hpc&ie=UTF8&qid=1518642388&sr=1-4&keywords=thorne+methyl+guard+plus&dpID=41JvQDYNR5L&preST=\_SY300\_QL70\_&dpSrc=srch](https://www.amazon.com/Thorne-Research-Methyl-Guard-Methylation-Supplement/dp/B00O5AHC4S/ref%3Dsr_1_4_s_it?s=hpc&ie=UTF8&qid=1518642388&sr=1-4&keywords=thorne+methyl+guard+plus&dpID=41JvQDYNR5L&preST=_SY300_QL70_&dpSrc=srch)
* Meriva (Curcumin extract), Thorne
[https://www.amazon.com/Thorne-Research-Sustained-Released-Phytosome-Supplement/dp/B01D8V0962/ref=sr\_ph\_1\_s\_it?ie=UTF8&qid=1518642424&sr=sr-1&keywords=meriva](https://www.amazon.com/Thorne-Research-Sustained-Released-Phytosome-Supplement/dp/B01D8V0962/ref%3Dsr_ph_1_s_it?ie=UTF8&qid=1518642424&sr=sr-1&keywords=meriva)
* Ultimate Omega, Nordic Naturals (see above)
* Peppermint Oil (see above)

**Gentle Detox Bath**

*Source: Daniel Lane, NIS Specialist, as relayed to him by a heavy-metal detox specialist.
I have used this remedy intermittently for several years with my own kids. It seems to help relieve subtle symptoms of heavy metal overload (for my son, this was excessive drooling, sensitivities to sound, bright light and irritability).*

Add all the following ingredients in the stated amounts to a bath NO hotter than 104F (any hotter denatures the NCD2 drops). Use a thermometer or make sure water is in on the lukewarm/body temp side. Soak in bath 15-20 mins then drain water and shower/rinse off. If you sit too long, the toxins you’ve drawn out of your tissues may reabsorb. This is why you allow for the detox to occur and then rinse off your skin with mild soap.
 Repeat every 2-3 days for a week. Can be done every few days for a few weeks or a few times a year, as symptoms arise.

Full details as follows:

**What you need:**

1. Opti-MSM....1/2 cup.....<http://www.amazon.com/Powder-OptiMSM-Dissolving-Crystals-Container/dp/B000NTTLD0#customerReviews>
2. Sodium Ascorbate (Vitamin C) powder....1 Tablespoon.....<http://www.amazon.com/Nutribiotic-Sodium-Ascorbate-Powder-Ounce/dp/B000Z8YM7O>
3. Magnesium Citrate Powder...1 Teaspoon....<http://www.amazon.com/dp/B00GW5NX9C?psc=1>
4. NCD2 drops....see below....DO NOT take internally (even though the directions on the bottle say it's ok.)....<http://www.amazon.com/Waiora-26010-Ncd2-Bottle-15/dp/B00CJI2PJU>
--------------------------------------------------------------------------------------------------------------------------------

NOTE:
You might want to get a hot tub/pool thermometer....[http://www.amazon.com/Poolmaster-18305-Pocket-Thermometer-Collection/dp/B006H495YU/ref=sr\_1\_15?ie=UTF8&qid=1455777310&sr=8-15&keywords=water+thermometer](http://www.amazon.com/Poolmaster-18305-Pocket-Thermometer-Collection/dp/B006H495YU/ref%3Dsr_1_15?ie=UTF8&qid=1455777310&sr=8-15&keywords=water+thermometer)

or a fancy Non-contact Digital Infrared Thermometer: [http://www.amazon.com/Etekcity-Lasergrip-774-Non-contact-Thermometer/dp/B00837ZGRY/ref=sr\_1\_6?ie=UTF8&qid=1455777310&sr=8-6&keywords=water+thermometer](http://www.amazon.com/Etekcity-Lasergrip-774-Non-contact-Thermometer/dp/B00837ZGRY/ref%3Dsr_1_6?ie=UTF8&qid=1455777310&sr=8-6&keywords=water+thermometer)

**Directions:**
Run a hot bath and add the Opti-MSM, Vitamin C, and Magnesium Citrate at the amounts listed above.

When water temperature is 104F degrees or lower, add the NCD2 drops. Start with 1 drop per bath. If you get detox symptoms reduce to 1 drop. If there are no detox symptoms then work up to a maximum of 4 drops per bath.

Maximum water temp 104F degrees (40 Celsius).  Higher than that causes the NCD drops not to work, and can irritate your skin.  You do not have to soak at that temp...That’s pretty hot. You can wait until it reaches a temp that you find comfortable.

Maximum time in tub is 20 minutes. Do not exceed 20 minutes.

After soaking drain the tub and rinse off in the shower with soap.

Take one bath every other day.  Do not exceed this.  Do this for 2 weeks-2 months.

NOTE:  You can do this as a foot bath also....Same procedure. Just reduce the amount of the Vitamin C, MSM, and Magnesium by half.  Only use a max of 2 drops of the NCD.