

Supplements

I love talking about supplements.

The bottom line is our bodies require a lot of nutrients to function optimally.

Supplements are extremely supportive to optimal health. That said, no need to go filling the cupboards with everything you read about! Just a few will do, and sometimes your body needs something for a few months therapeutically, but not year round.

I don't believe in replacing food with shakes and bars; and I also get sometimes grabbing a shake or bar for convenience to get something good in your body.

Eat real food (mostly) and add supportive supplements.

I'm going to break this down into sections for you depending on what you are looking to optimize :)

**note that you should always speak with a doctor or professional about your individual needs. This is for general information only.*



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Top Supplements to Optimize Digestive Health

- Pre/Probiotics
- Digestive enzymes
- Omega 3 fatty acids
- Vitamin D
- B Vitamins
- Greens

Top Supplements to Optimize Immune Health

- Pre/Probiotics
- Vitamin C
- Vitamin D
- Zinc
- Iron, if you are deficient
- Greens

Top Supplements to Optimize Brain Health

- Omega 3 fatty acids
- Vitamin D
- B Vitamins
- Gingko Biloba
- Mushrooms - reishi, cordyceps, lion's mane, turkey tail, and chaga

Top Supplements for Athletes / Active Women

- Magnesium
- Vitamin D
- B Vitamins
- BCAAs
- Greens

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Assignment.

Consider what your top health concerns are before jumping in and buying everything. Start with 1 - 2 supplements of top importance, and then move on from there.

If you're looking to customize without doing a ton of trial and error, reach out to me by email at hello@xokatfeeney.com to discuss ways we can look at your specific needs.