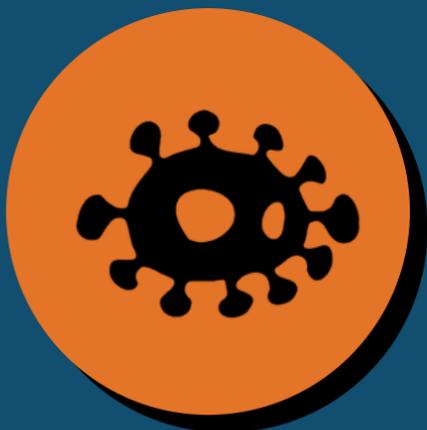
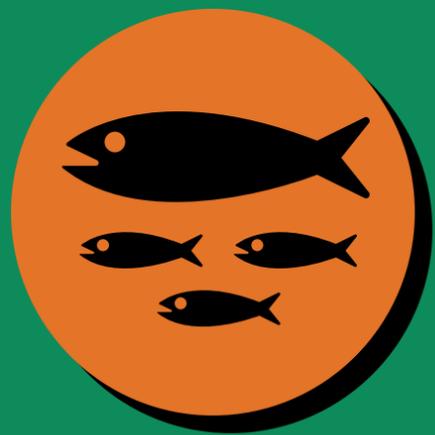


# THE VITAL 5 SUPPLEMENTS

People take too many of the wrong types of supplements. Our goal should be to only take a few, high-quality supplements that we truly need. We call these “The Vital 5 Supplements” because we feel almost everyone will benefit from them- and they are convenient & affordable

## FISH OIL

Omega-3 is an essential fat, meaning our body doesn't make it and we have to get it from our diet. To meet our needs from diet alone we would need to eat more than 6 ounces of fresh salmon every day. Supplementing with a high potency, properly made fish oil can have a tremendous impact on your health.

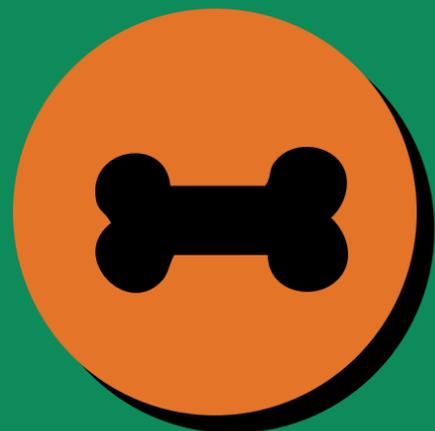


## PROBIOTICS

The normal flora that lives in our gut is under constant attack. As a result, some unsavory microorganisms can take hold and cause problems. The benefit of supplementing with probiotics comes from consistently getting the right doses of specific strains.

## BONE SUPPORT

There are 3 major players in bone support: Calcium, Magnesium, and Vitamin D. Calcium and magnesium are vital minerals that many don't get enough from diet alone. American Vitamin D levels in are low compared to the rest of the world. Hitting target goals of these 3 is crucial for good health.



## WHOLE FOOD VITAMIN

Most of us rarely get good amounts of foods rich in vitamins, antioxidants, minerals & bioflavonoids. If you eat lots of dark greens, bright reds, and vibrant blues- you don't need to supplement. If you don't consistently get these, a true whole food supplement is a smart move.

## PROTEIN

Proteins give our body lasting energy and important amino acids, supporting literally every cell in the body- but many people don't get enough protein in their diets. We need protein all throughout the day, especially before and after any exercise.

