

Food is always the foundation of our health.

FOUNDATION HEALTH



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Remember Your Foundation

Food is always the foundation of our health. What nutrients we consume and how well our bodies absorb it is critical. The foods we choose plus the foods' nutritional values that have changed over the decades with soil depletion, toxic growing practice and harvests, GMO changes, processed foods, eating on the run, and so much more has depleted our foods beyond recognition.



One thing many do not want to believe, is our *NEED* for a *comprehensive, non-GMO derived, Multivitamin, Multimineral, and Omega 3 (EPA and DHA) supplements* – at a MINIMUM. For the vast majority of us, the nutrients that we receive from our diet are far from what we really need for optimal health.

And most of us are not doing anything about it.

This statement serves as possibly the most important thing you will read in your entire Wellness Report. Every time we eat processed foods, drink more than 1 glass of alcohol a day (which may actually be far too much for some people) forget about our 5 servings of fruits and vegetables (EVERY DAY), eat processed grains, consume less than 20-25 grams of fiber a day, overcook vegetables, eat farm-raised fish, and consume an imbalance of Omegas 3, 6, and 9 and oils that are often already rancid, or made rancid by improper processing, storage and use... we're hurting our body. And that's just a tiny list of things that damage the foods we eat.

Our habits are just as bad.

When we eat at (most) restaurants or eat non-organic foods, we know they are full of toxic pesticides, and are likely GMO sourced foods. And every time we eat meat and dairy from sources given hormones and antibiotics and are fed unhealthy diets, we are just pretending to ourselves that our body will be fine, and our liver is strong enough to detoxify the toxins, hormones, and antibiotics.



We are simply turning our cheek to that fact that our microbiome that serves at the foundation of our immune function in our GUT is negatively impacted by poor habits. And that our GUT is at the FOUNDATION of our IMMUNE system, which is critical to prevent and heal every medical illness known to man.

I often see doctors talking about the “5 Pillars of Health”. Or maybe the “7 or 9 Pillars of Health”. In many ways this is a great way to look at the Foundation of Health. Nutrition and supplementation is ALWAYS a Pillar in every Physician’s plan.

But at the same time, we should try not to oversimplify how many areas of our life we should balance. A healthy life is all about balance... and Balance is never stagnant.



What is required of us when we are children, teenagers, young adults, midlife, and beyond is different at each Stage. And what each of these stages require to remain Balanced ALSO changes.

When we are younger we naturally possess a stronger and more robust reserve to overcome the insults that we are exposed to. And our habits appear to mean little to our day to day function. “I am invincible” is the general underlying mentality of young people.

However, as we age... the truth becomes evident as our body is no longer able to fight back as robustly and overcome the ongoing insults, both from our own habits AND the environmental exposures we are not even aware of. Our ability to fight inflammation and infections simply declines, and our body rebels with signs and symptoms of disease and illness. Joint pain, fatigue, depression and anxiety are all BIG symptoms that start to occur with nutritional deficiencies – right around the same time as our hormones decline.

Simply put... *Our body suffers every single time we forget our foundation.*

Every single Hormone in the Hormone Cascade is dependent on healthy nutrition!
Our body must have a healthy supply of nutrients to carry out the complex processes it takes to make every single hormone in our body, AND to metabolize these hormones properly and safely!



Helping You Achieve a Strong Foundational

I have certainly had my own illnesses. But I am a Warrior. I have RARELY found conventional medicine to be the answer to my own challenges – and the two BIG medical scares that I have had over the last 20 years were totally unable to be corrected with Conventional medicine.

It took MY dedication and commitment to caring for myself naturally to overcome my illnesses. This has just made me become an even STRONGER WARRIOR to care for myself. And I want YOU to have the same understanding and POWER to do the same for yourself too. I want to help you see how easy, exciting, and POWERFUL it is to overcome your own health frustrations and challenges naturally!



I want you to be PROUD of Your Health, and Your OWN Story of Healing!

You can Be SUCCESSFUL at Living Your Life NOW and into the NEXT FIFTY years, Healthy, Happy, Strong and Vibrant simply by caring for yourself!

You just need to know HOW! And... it starts here – with your FOUNDATION.

With good Nutrition and a Clean GUT... next is your Baseline Supplemental Nutrients. I try to keep mine to a minimum, and though I do seem to look decent amount of good stuff!", I also know that every single thing I put into my body has an important purpose. I put years of determined dedication to create a Foundation that be the right framework for others.

The components should contain:

1. Excellent Multi-Vitamins and Minerals
2. A clean, superior quality, Omega 3 fatty acid (with high doses of DHA, EPA and lipase)
3. Sufficient *Essential* Amino Acids (those Amino Acids which must be obtained from your diet)
4. A protected, lipid soluble, REDUCED form of CoQ10
5. A natural anti-inflammatory (with massive research now proving inflammation to be the primary source of all disease states, and Curcumin being the most extensively studied and proven natural anti-inflammatory available, I have chosen a protected, lipid soluble, high dose Curcumin)



baseline needs for both me and David, on a monthly basis would come at a whopping cost close to \$340 dollars. I knew this cost would not be sustainable for us or for most people. And sustainability has been a critical factor for all of my decisions as well. I was discouraged, but NOT defeated.

I knew I had to find a solution, because there was NO COMPROMISE on what we ALL need. There was no other way, and I HAD to come up with a solution! I believe that because I have been driven on multiple levels to solve the conundrum of putting together the highest-grade nutrients at the most affordable price... I was able to maintain dedication to solving this important challenge.

It wasn't "just for me"! It was for my FAMILY... and OTHERS, just like YOU, TOO!



After over TWO YEARS researching the right combination and forms of nutrients, and discussing my goals with multiple U.S. supplement manufacturers, I chose Designs for Health, Inc., a *leading pharmaceutical grade* nutrient manufacturer to create our Amazing **Savvy Sisters Super Support**.

I also successfully negotiated a more than a \$150-dollar savings, with no compromise of quality and quantity!

Today, I LOVE my Savvy Sisters Super Support and I look FORWARD to taking them - knowing I am providing my body with everything it needs to help me prevent any nutritional deficiencies that may limit my own body's wisdom and capabilities to keep me strong and healthy. My Mom and husband, David, take them too.

Even my cute Dad, who lived to 98 PLUS years took Savvy Sisters Super Support!

Savvy Sister Super Support comes in their own strong packets that are easy and super convenient. 1 packet for the morning. And one for the evening.





Recommended Use: As a dietary supplement, take one a.m. packet and one p.m. packet five days per week, or as directed by your health care practitioner.

MULTIVITAMIN Supplement Facts

Serving Size 2 capsules

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (from Palmitate, mixed carotenoids from palm tree fruit)	522 mcg RAE 58%	Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 1000%
Vitamin C (as Ascorbic Acid)	500 mg 556%	Iodine (as Potassium Iodide)	75 mcg 50%
Vitamin D (as Cholecalciferol)	25 mcg (1000 IU) 125%	Zinc (as Zinc Bisglycinate Chelate)	15 mg 136%
Vitamin E (as d-alpha tocopherol)	9 mg 62%	Selenium (as Selenium Glycinate Complex)	200 mcg 364%
Thiamin (Vitamin B-1) (as Thiamin HCl)	50 mg 4167%	Manganese (TRAACS® Manganese Bisglycinate Chelate)	1 mg 43%
Riboflavin (Vitamin B-2)	30 mg 2308%	Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	400 mcg 1143%
Niacin (Vitamin B-3) (as Niacinamide)	30 mg NE 188%	Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	100 mcg 222%
Vitamin B-6 (as Pyridoxine HCl)	50 mg 2941%	High Gamma Mixed Tocopherols (as d-gamma, d-delta, d-alpha, d-beta)	100 mg *
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt 800 mcg)	680 mcg DFE 170%	Alpha Lipoic Acid	20 mg *
Vitamin B-12 (as Methylcobalamin)	500 mcg 20833%	Boron (as Boronorganic Glycine)	2 mg *
Biotin (as d-Biotin)	300 mcg 1000%		

Other Ingredients: Cellulose (capsule), dicalcium phosphate, microcrystalline cellulose, vegetable stearate, silicon dioxide.

OMEGA WITH D+K Supplement Facts

Serving Size 2 softgels

Amount Per Serving	% Daily Value
Calories	20
Calories from Fat	20
Total Fat	2 g 3%*
Vitamin D (as Cholecalciferol)	25 mcg (1000 IU) 125%
Vitamin K (as Vitamin K1 Phytanadione 500 mcg; Vitamin K2 Menaquinone-7 25 mcg)	525 mcg 438%
Omega-3 Fatty Acids	
EPA (Eicosapentaenoic Acid)	600 mg *
DHA (Docosahexaenoic Acid)	400 mg *
Other Omega-3 Fatty Acids	200 mg *

*Daily Value not established.

Other Ingredients: Natural lemon flavor, mixed tocopherols, lipase, bovine gelatin, water, glycerine, annatto (natural color) (softgel ingredients).

Contains fish (Alaska pollock).

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Report any adverse reactions to: info@drkarenleggett.com

AMINO ACID Supplement Facts

Serving Size 4 capsules

Amount Per Serving	% Daily Value
Vitamin B-6 (as Pyridoxal-5-Phosphate)	14 mg 700%
L-Histidine	338 mg *
L-Leucine	338 mg *
Alpha-Ketoglutarate	300 mg *
L-Arginine	300 mg *
L-Lysine	300 mg *
L-Phenylalanine	300 mg *
L-Valine	300 mg *
L-Isoleucine	270 mg *
L-Methionine	270 mg *
L-Threonine	270 mg *

*Daily Value not established.

Other Ingredients: Cellulose (capsule), vegetable stearate.

CURCUMIN Supplement Facts

Serving Size 1 softgel

Amount Per Serving	% Daily Value
Curcuminoid Proprietary Blend	1 g *
Curcuminoid Powder (380 mg curcuminoids - curcumin, demethoxycurcumin, bisdemethoxycurcumin), Turmeric Oil (Curcuma longa) (rhizomes)	
Sunflower Lecithin, Vitamin E	

*Daily Value not established.

Other Ingredients: Gelatin, water, glycerine, and annatto (natural color) (softgel ingredients).

COQ10 Supplement Facts

Serving Size 1 softgel

Amount Per Serving	% Daily Value
Ubiquinol (as Kaneka Ubiquinol™ reduced form of CoQ10)	50 mg *

*Daily Value not established.

Other Ingredients: Medium chain triglycerides, sunflower lecithin, yellow beeswax, rosemary oil, gelatin, purified water, glycerine, annatto (softgel ingredients).

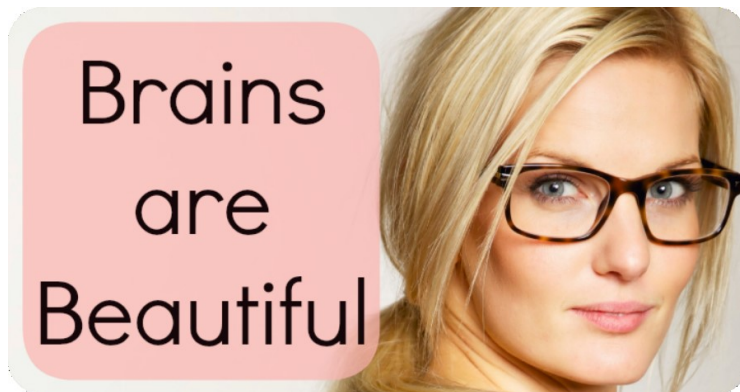
CoQ10 contains ubiquinol, the reduced, antioxidant form of CoQ10. Both ubiquinone and ubiquinol are critical to the cellular ATP (energy) production cycle. Without the presence of both forms, cellular energy cannot be generated or sustained. The ability to convert ubiquinone to ubiquinol may diminish with age in certain individuals.*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Be Sure of Your Foundation Strength



I believe the right Foundational Program is a critical part of your Hormone and Overall Health Success.

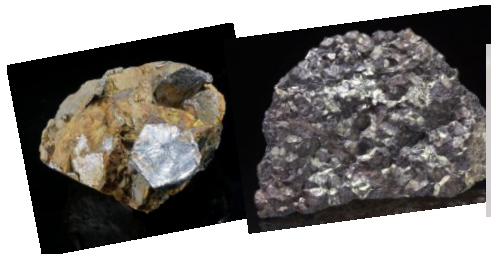
I stand behind every product we create. So, I want you to have the knowledge you may desire to KNOW exactly what I am recommending for you!

Here is additional information about Savvy Sisters Super Support!

1. Foundational Multivitamin and Mineral: a convenient two-per-day formula, (1 each in the a.m. and p.m. packets) contain high quality ingredients at optimal amounts of many nutrients not easily obtained in most diets.

Multivitamin and Mineral Highlights

- Exceptional ingredients combined in an up-to-date, science-based formulation to create a truly superior multivitamin and mineral*
- True amino acid chelate minerals for optimal tolerance and absorption
- 400 mcg chromium, a trace mineral essential for healthy sugar and fat metabolism
- Vitamin E as high gamma mixed-tocopherols,
- Superior form of folate ([6S]-5-methyltetrahydrofolate) that has demonstrated high bioavailability and solubility as well as long lasting stability
- Balanced in iodine and selenium content. Both trace minerals must be present in the correct balance in order to properly support the health of the thyroid.
- Rich in boron, which is essential for bone health and optimal mental energy
- Contains a generous amount of biotin, a crucial nutrient for healthy skin, hair and nails and the critical metabolism of fat and blood sugar.
- Rich in zinc, which is needed for immune function and protein synthesis
- Free of calcium and magnesium, which require dosing according to individual needs
- Made with non-GMO ingredients.

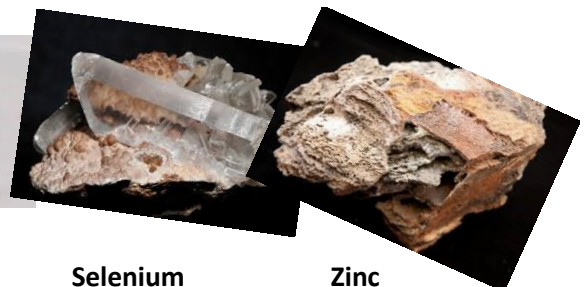


Boron

Chromium



Iodine



Selenium

Zinc



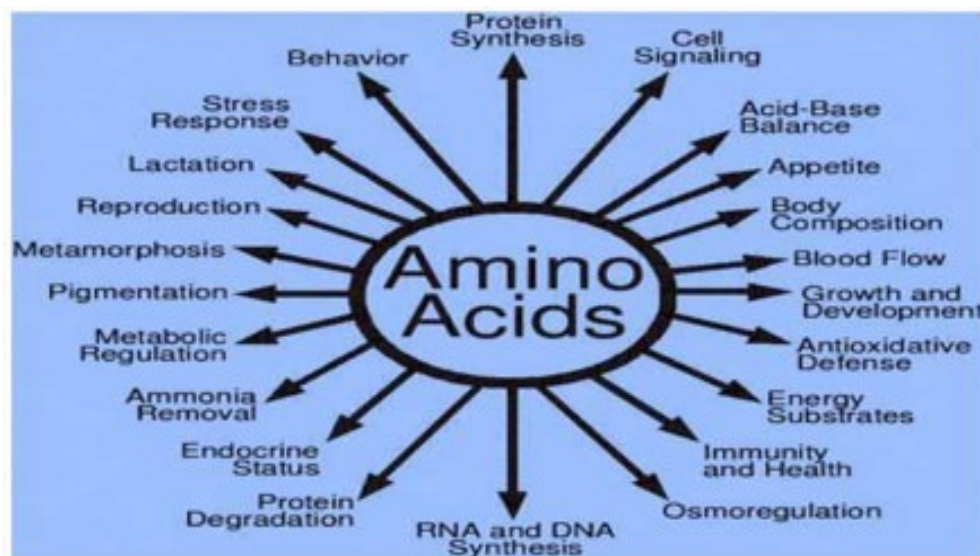
2. Free-form Essential Amino Acids: a crucial part of the Savvy Sisters Super Support that I have never found in an all-in-one dietary supplement program that is critical to health. Without Essential Amino Acids, a Comprehensive program is not complete.

Amino acids are THE building blocks of proteins and control virtually all cellular processes, with a role in every reaction of the body's metabolism and almost ALL reactions in living cells. Amino Acids are the building blocks to Hormones, Immune Cells, and Neurotransmitters!

There are 20 different amino acids in the body. 10 are *Essential* amino acids and 10 are *Non-essential* amino acids. Essential amino acids must be obtained from our diet and supplements as our body cannot make them on its own. Failure to obtain enough of even 1 of the 10 Essential amino acids results in the loss of the body's proteins, resulting in the breakdown of muscle and lack of adequate production of Hormones, Immune cells and Neurotransmitters.

The Non-essential amino acids can be made by our body as long as it has the Essential amino acids and all of the vitamin and minerals it needs to carry out the processes to make them.

What is also important for you to know as a Savvy Sister is that the body can store fat and carbohydrates for body functions, but the body does *not* store excess amino acids for later use, so amino acids must be consumed every day!



Free form Essential Amino Acid Highlights

- *Free form* amino acids mean they are immediately available for absorption and can be put to metabolic use much more easily and rapidly, as compared to amino acids contained in the protein you eat.
- Free of Tryptophan which require dosing according to individual needs (Link here to foods high in Tryptophan and more information on Tryptophan)
- All-natural ingredients, including turmeric oil, sunflower lechithin and vitamin E, without the use of potentially harmful surfactants present in many Curcumin products on the market today
- Made with NON-GMO ingredients



3. Curcuminoid Formulation for Anti-inflammatory and Anti-oxidant Protection: A patent pending formulation providing a highly bioavailable curcuminoid formulation that contains a unique combination of three bioactive, health-promoting curcuminoids: curcumin, bisdemethoxy curcumin, and demethoxy curcumin, along with turmeric oil.

These three curcuminoids are the strongest, most protective and best researched components of the turmeric root.

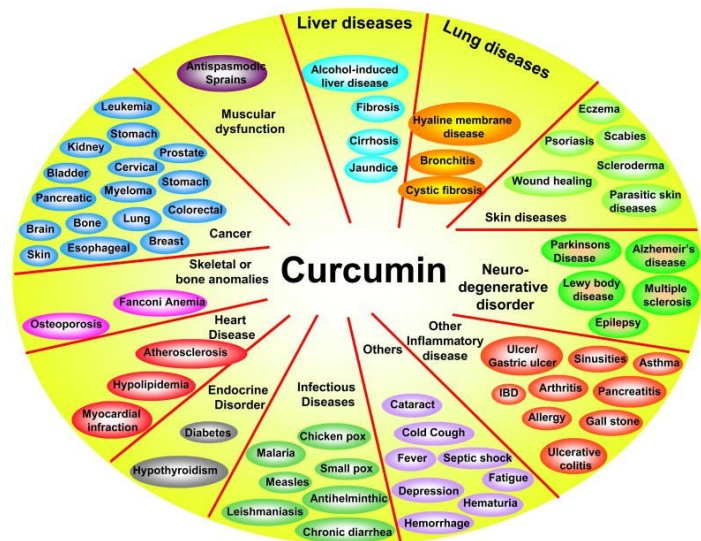


Our Curcumin Formulation is unique in that it has been shown to increase tetrahydrocurcumin as well as curcumin, demethoxycurcumin and bisdemethoxycurcumin in plasma. Tetrahydrocurcumin is a major metabolite of curcumin and demonstrates remarkable antioxidant properties exceeding those of curcumin alone.*

Savvy Sisters Super Support has one gram of this Curcumin Formulation per capsule – placed in your p.m. packets, which I believe is the best time to assure antioxidant and anti-inflammatory protection while your body is focused on healing.

Curcumin may help to support*:

- A healthy inflammatory response
- GI health
- Immune system health
- Endocrine system balance
- Brain health
- Cardiovascular system health
- Highly absorbable
- Made with non-GMO ingredients.



All-natural ingredients, including turmeric oil, sunflower lecithin and vitamin E, without the use of potentially harmful surfactants present in many Curcumin products on the market today.

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4. Co Q 10 (Ubiquinol)

The Co-Q10 in Savvy Sisters Super Support is not just any CoQ10! It is CoQnol™ a non-GMO form of ubiquinol, which is the reduced, antioxidant form of CoQ10.

Both ubiquinone and ubiquinol are critical to the cellular ATP (energy) production for every one of our body's cells. Without both of these forms of CoQ10, cellular energy cannot be generated or sustained. As we age, we also believe that the ability to convert ubiquinone to ubiquinol diminishes! In addition, as we age we encounter increased oxidative stress requiring even higher levels of CoQ10!

Ubiquinone, also known as the oxidized form, is better known and is used primarily for energy production in the electron transport energy cycle inside the cell. This is the form of CoQ10 used in most supplements, as it is far easier to obtain and far less expensive.

Ubiquinol plays a primary role in decreasing oxidative damage caused by lipid peroxidation within mitochondria, (the critical "power-houses" of our cells). According to research, plasma ubiquinol is decreased in people with high cholesterol.

The evidence that suggests our ability to convert ubiquinone to ubiquinol as we age, results in diminished protection against oxidative stress and reduced energy levels. CoQnol™ (ubiquinol) may provide a strong initial stage defense against cellular oxidative damage and requires supplementing to maintain optimum health.

Researchers at East Texas Medical Center found that patients with advanced congestive heart failure taking high doses of ubiquinone CoQ10 were not able to achieve adequate improvements in blood serum CoQ10 levels. However, when switched to ubiquinol, blood CoQ10 levels improved dramatically with a consequential improvement in clinical symptoms and left ventricular function.

Made with non-GMO ingredients.

UBIQUINONE VS UBIQUINOL

	Ubiquinol	Regular CoQ10 (Ubiquinone)
Form of Co Q10	✓ Reduced	✗ Oxidized
Percentage in Body	✓ High: 80 %-90 %	✗ Low: 10 % - 20 %
Active form	✓ Yes	✗ No
Process	✓ 100 % natural CoQ10	✗ May contain synthetic CoQ10
Source	✓ Made through fermentation	✗ May be made from tobacco leaves
Absorption	✓ Great Absorption (300% better)	✗ Poor absorption
Antioxidant Properties	✓ Strong antioxidant	✗ Not an antioxidant



5. Essential Omega Fatty Acids with Additional Vitamins D & K and Lipase

I have so much to say about our Savvy Sisters Omega Fatty Acid Fish Oil! First, the Omega 3 Fatty Acids are delivered in the form found in nature with a superior Triglyceride potency. We guarantee it provides a minimum 90% triglyceride-bound Omega – 3 fish oil, a level that is 40% - 50% higher than the industry standard for most Triglyceride fish oil concentrate products.

Our Oil is also molecularly distilled and filtered to ensure purity and to maximize the removal of heavy metals, pesticides, solvents, PCBs, and other contaminants.



We added the expanded benefits from vitamins D & K and Lipase too!

The Omega Fatty Acid that I had to have for Savvy Sister Super Support parallels no other! Our Omega Fatty Acid is a breakthrough fish oil product using a high potency Omega-3 oil with the enhanced benefit of the **fat-soluble vitamins D and K, PLUS lipase for enhanced digestion and absorption.**

Lipase as a digestive aid - an enzyme needed for breaking down lipids (fats) and in particular, triglycerides. Lipase also helps to prevent any fishy aftertaste, known as 'repeat', that sometimes occurs with fish oil supplements.

But that's not all! It was important to me to make sure **Vitamins D and K** were also included in our ***Fish Oil for a truly unique and Important Synergistic Blend.***

While vitamin D is typically recommended with calcium for bone health, vitamin D supplementation, in the presence of inadequate levels of vitamin K, can increase the risk of calcium deposit in arteries and soft tissue.

Thus, it is important to supplement vitamin D with vitamin K, which will then complement the cardiovascular and bone health benefits provided by Omega 3 fatty acids.



And considering that **deficiencies in vitamins D and K may be more prevalent than expected**, adding vitamin D and K in fish oil would ensure that the health benefits from fish oil are optimized.

Our unique and powerful combination of ingredients also provides the known benefits of Vitamins D, and both forms of K1, and K2 are included

Benefits of Omega Fish Oil may include:

- Cardiovascular Health
- Nervous System Health
- Mood
- Metabolic Syndrome
- Immune Support
- Bone health - research shows that Omega 3 fatty acids from fish oil improve bone health by enhancing calcium absorption, reducing bone loss and maintaining bone mineral density.

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