**Dietary Supplement List Recommended For Optimal Health**

As a Certified Personal Trainer and Fitness Nutrition Specialist with the National Academy of Sports Medicine (NASM), my training involves a general knowledge of dietary supplements to educate to relatively healthy people, unlike a Registered Dietician or Certified Nutritionist which can assess individuals for specific nutrition needs due to illness or deficiencies.

Many physicians have only a few days training in nutrition in their entire medical education. They rely on Registered Dieticians and Certified Nutritionists referrals and colleagues when it comes to this topic of expertise. I decided to create a dietary supplement list recommended for optimal health for all people to discuss with their health providers about how these supplements might enhance their health and lower their risk for disease and illness prevention. This guide is meant to be used by the reader in consultation with their health care provider and speaks to the generally healthy person.

It’s important to discuss this list with your health care provider especially regarding the herbal supplements as some herbal supplements can interfere with allopathic or psychiatric medications. Typically the herbal supplements taken in capsule form of the dried herb particularly. Less so with the liquid or tincture form of herbal supplements. If you are on any prescription medications, are pregnant, have any existing health conditions, etc. definitely consult your provider before taking any form of dietary supplement.

Most dietary supplements are not regulated by the FDA and so do not have the consistency standards of ingredients. The USP is one form of regulation currently in existence, but advisable to go with a reputable supplement company that has a longevity range in the decades of existence.

As we are in the era of pandemic viruses, now more than ever it’s important to become educated on basic ways that vitamins, minerals and herbal supplements can play a definite adjunct and preventative role in boosting our immune systems to equip our bodies to better fight off colds, flus and coronavirus strains. This supplement list will be continually updated as more research studies confirm the usefulness of supplements.

For specific study references on the supplements listed in this guide, please visit my website: [www.sfnaturalhealth.abmp.com](http://www.sfnaturalhealth.abmp.com) and click on the link in the home page for the directory under “Dietary Supplements” as well as “Vitamins” listed alphabetically by topic. If you are on researchgate.net you can look up this guide under the “Projects” section in my research.

|  |  |  |
| --- | --- | --- |
| Vitamin C | 1,000 mg per day | Antioxidant and immune boosting |
| Probiotics | Various sources of fermented foods and drinks, the more variety, the more strains | Healthy gut microbiome that is gaining much traction of scientific benefit to health |
| Glucosamine | 1,500 mg per day | Recent study showed a 65% reduction of cardiovascular events and a 39% reduction of death from all causes by taking this one supplement primarily used for joint health. A physician cyclist noticed his peers were all taking glucosamine for their joint health and investigated this supplement further to make this incredible find to illness prevention! |
| Vitamin B Complex | Multi Vitamin Bs  | Vit B-12 is necessary for those on a plant-based diet that cannot obtain this nutrient from plants. |
| Iodine | Via tincture or capsule/tablet | Necessary nutrient for those on a plant-based diet that cannot obtain this nutrient easily from most plants….Nori or seaweed is the exception and provides enough iodine for health. Iodized sodium or table salt is another way to obtain iodine.  |
| Vitamin D | As much as tolerated, refer to an R.D. or C.N. for your specific tolerance dosing. | Necessary nutrient not obtained from vegetables or fruits for those on a plant-based diet. Landmark 2012 Vitamin D studies showed this vitamin to be invaluable and that most are deficient. Immune boosting. |
| Vitamin A | As much as tolerated, refer to an R.D. or C.N. for your specific tolerance dosing. | Immune boosting, protects the tissues. |
| Zinc | As much as tolerated, refer to an R.D. or C.N. for your specific tolerance dosing. | Immune boosting, often available in lozenge form mixed with elderberry or calcium/magnesium |
| Calcium-Magnesium | Ideally taken together to help promote absorption. Can be taken in hot water in a powder for fastest absorption or in supplement form. | Extremely helpful for muscle function, recovery after an athletic workout, restorative to help alleviate muscle cramps or electrolyte depletion due to overexertion, sweating, or excessive alcohol consumption, dehydration. Can calm the nerves. Check out the product, “Calm” sold as a calcium/magnesium powder. |
| Cinnamon | Taken either as a spice over food or supplement | Much encouraging evidence to promote healthy blood glucose levels. |
| CBD Oil | Taken either with a minor THC ratio for best absorption and benefit of CBD for those who do not need periodic drug testing or without THC. Often best taken in tincture form.Consult an R.D. or C.T., Naturopathic physician or medical marijuana physician regarding dosage amount.  | There is much anecdotal evidence that CBD Oil and Hemp Oil help with muscle pain, anxiety, stress, insomnia, relaxation, and other health conditions. CBD contains a range of Omega fatty acids for dietary health for those following a plant-based diet. Obtain from a licensed cannabis dispensary or from online for those interested in no THC added to the CBD. |
| Matcha Green Tea | Taken in powder form as a hot tea with sweetner (one teaspoon per 8 oz cup), available online or at most Asian grocery stores and some non-Asian grocery stores. Also available in cold form and an ice cream treat at many stores. | Green Tea is high in antioxidants and match green tea is especially high. It gives an added caffeine boost as well.  |
| Ginkgo Biloba | Taken as a supplement via capsule | \*can interfere with cardiac, high blood pressure and psychiatric medications – consult physician prior. Excellent for mental focus, enhanced concentration and mental alertness. |
| Ginger | Taken raw cut from the rhizome sliced into a cup of hot water with sweetner for a tea or cut into food as a culinary herb, taken as a capsule or powder. | Excellent for immune boosting, antiviral, antibacterial, antifungal properties. Initial studies show great promise for treating Coronavirus pending Randomized Clinical Trial funding. Ginger is a Thermogenic herb which means a heat producing herb that can help alleviate cold, flu and coronavirus symptoms and speed healing.  |
| Turmeric (curcumin) | Taken as a culinary spice herb over food or as a capsule. | Excellent anti-inflammatory properties and is often referred to as Nature’s Motrin. There is a growing body of research affirming turmeric curcumin as a helpful herb for health. Also immune boosting and antibacterial/antiviral. |
| Melatonin with Chamomile | Taken as a gummy such as in the product “Zzzz Quil” 2 gummies provide restful sleep quickly. | Helps treat insomnia naturally. Melatonin can induce disturbing dreams or nightmares and some find it’s advised to wear a night guard to help prevent mouth stress on the teeth.  |
| Multi Vitamin  | Taken as a gummy, typically 2 per adult dose to ensure vital vitamins and nutrients are obtained in low doses. | Have in your vehicle or wherever you will regularly take once a day to ensure you get some basic vitamin/mineral/essential nutrient intake. Take on full stomach. |