



Gut-Brain-Immune Supplements

BRAIN

| | |
|------------------------|---------------------|
| Tryptophan | Rg3 |
| GABA | Low Dose Naltrexone |
| St. John's Wort | Phosphatidyl Serine |
| L-theanine | Tyrosine |
| Holy Basil | d-phenylalanine |
| Phellodendron/Magnolia | Fish Oil |
| Krill Oil | Progesterone |
| 5-HTP | Voluntastrols |
| Neuromedulla | Sleep: Melatonin |

GUT

Probiotics
 Digestive Enzymes +/- HCL
 Zinc Carnosine
 Glutamine/Aloe
 Mastic Gum
 Glutamine/DGL
 Berberine
 Sialic Acid
 Prebiotics
 Fish Oil
 Arabinogalactan
 Nystatin

IMMUNE

Cat's Claw
 Nystatin
 Plant Tannins
 Caprylic Acid
 Plant Sterolins
 Boswellia
 Thymic Extract
 DHEA
 UC-II
 Astragalus
 DHA
 Oestriol
 SPM (Salvestrols)
 NAD+

