



INGREDIENTS TO CONSIDER

QUERCETIN

Promotes PGC-1 α which stimulates mitochondrial function

ASHWAGANDHA

Supports thyroid hormone production and adrenal gland function

FISH OIL

Supporting pancreas health and reducing systemic inflammation

TYROSINE

Required for thyroid hormone production

VITAMIN D

Supports pancreas health

MAGNESIUM

Supports insulin management

LICORICE

Supports adrenal thyroid axis

VITAMIN C

Supporting adrenal health

PROBIOTICS

Supporting gut health

ZINC CARNOSINE

Reducing inflammation in the GIT

MASTIC GUM

GIT antimicrobial, specifically against H Pylori

GLUTAMINE

Reducing inflammation, healing GIT mucosa

BERBERINE

Antimicrobial agent for GIT infections

CAPRYLIC ACID

Immune system support and antifungal properties