



Supplement Recommendations

THYROID

Selenomethionine	DHEA
Chromium	Tryptophan/5HTP
Thyroid Glandular	Cordyceps
Ashwagandha	Iodine
Coleus forskohli	Licorice
7 Keto DHEA	Iron
Rhodiola	Ferritin
Schisandra	Tyrosine
Ginseng M,A&S	Salvestrols
Eurycoma longifolia	
Neuromedulla Glandular	

PANCREAS

Chromium
 Vitamin D
 Magnesium
 Alpha Lipoic Acid
 Fish oil
 Micro PQQ
 Bitter Melon
 Cinnamon
 Arginine
 Vanadium
 Benfotiamin

ADRENALS

Adrenal glandular
 Vitamin C
 Adrenal Cortex Extract
 N. Medulla
 Holy Basil
 PharmaGABA
 Magnolia/Phellodendron
 L-theanine
 Sterols & Sterolins
 Melatonin
 Sleep Amino Acids
 Volunastrols
 AshwagandhaTrio

