

Supplements for All

1) Vitamin D3 (Liquid form)

Infants	800 IU per day
Children	2,500 IU – per day
Adults	5,000 IU per day

2) Multiple Vitamin-Mineral

Should be copper free (less than 100 micrograms) and iron free

3) Omega-3 fatty acids

Children:

The DHA should be greater than the EPA (2.6/1 ratio)

900 mg total of EPA + DHA per day

Adults:

EPA should be double DHA

3,000 mg total of EPA + DHA per day

4) Probiotic

Infant: (for Cesarean and Non-Breastfed babies)

Should have L. Acidophilus, B. Lactis, S. Boulardii, and L Rhamnosus GG

1 Billion CFU

Children:

Should have L. Acidophilus, B. Lactis, S. Boulardii, and L Rhamnosus GG

5 Billion CFU

Adult:

Should have Lactobacillus, Bifidobacterium, L. Rhamnosus GG, L. Plantarum, B. Lactis, L.

Reuteri, L. Fermentum, L. Acidophilus, B. Bifidum, L. Gasseri, Prebiotic

10 Billion CFU

*Further recommendations are specific to the individual, just ask the doctor what is best for you.