Supplements



- Garden of Life Vitamin Code Women's Multi Vitamin: Multi vitamin with probiotics
- Vitamin D3: Dr's Best: Healthy bones, teeth, heart, and immune system
- CuraMed: 500 times stronger than Tumeric
- BosMed Extra Strength: Immune Support
- Clinical OPC: Boosts Immune system and antioxidant
- Andrographis: Herbal Supplement
- Life Advantage: Drliza.lifeadvantage.com
- Melatonin: Supports relaxation and aids sleep
- Grapefruit Seed Extract: Provides immune system support
- Ionic Zinc: boosts immunity, brain function, digestion, and thyroid health
- Grass on the Go: Grassonthego.com: Wheat grass shots
- Magnesium: Bone and muscle health
- 5-HTP: Helps production of serotonin to improve sleep, mood, appetite, and body temperature
- Bullet Proof Brain Oil
- Tony Robbin's LifeForce Vitamins: Includes Vitamin D+K for bone, muscle, and immune health, Peak Defense for immune health, DHEA for hormone health, and Peak NMN for healthspan and longevity