

THE ONLY SUPPLEMENTS YOU NEED

Your Cheat Sheet for Vitamin
And Nutrient Supplementation



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Supplements are a great way to boost your health on top of eating a good diet, getting plenty of sleep, and moving your body. They can help give you that extra edge when you need it, or help take the edge off when that's what's called for.

Are you the person who has a cabinet full of supplements but never knows what to grab when you need extra support?

Or are you on the other end of the supplement spectrum, not wanting to waste your time and money on buying stuff that may or may not even work?

Regardless of what side you're on, right now you want some direction when it comes to the ins and outs of vitamin and nutrient supplementation.

In this chart I'm giving you a behind-the-scenes breakdown of the supplements I personally use and recommend on a daily and weekly basis, complete with how to combine them for your desired effect PLUS a glossary giving you detailed information about each supplement and it's recommended doses.

WHAT YOU NEED	WHAT TO TAKE
 DIGESTIVE SUPPORT	Zinc, Digestive Enzymes, Spore-Based Probiotics
 BEAT BLOATING	Digestive Enzymes, Spore-Based probiotics, Magnesium, Water
 SLEEP TIGHT	Phosphatidylserine, Vitamin D, Magnesium
 ENERGY BOOST	Rhodiola, Vitamin D, Liposomal B Complex
 DESTRESS	Phosphatidylserine, Liposomal B Complex, Fish Oil, Magnesium
 FOCUS	Phosphatidylserine, Rhodiola, Liposomal B Complex
 IMMUNE BOOST	Zinc, Vitamin C, Vitamin D, Astaxanthin
 ANTI AGING	Astaxanthin, Fish Oil, Vitamin C
 SEXY 6 - my recommendation for a cover-all daily supplement routine	Digestive Enzymes, Fish Oil, Phosphatidylserine, Rhodiola, Probiotics, Vitamin D

GLOSSARY

Astaxanthin

Astaxanthin is a red-colored liquid that operates as a powerful antioxidant. It's derived from plankton, and has benefits ranging from supporting eye health to providing protection from sun damage from the inside out. Take 12mg daily.

Digestive Enzymes

Digestive enzymes support the work of your pancreas and make digestion easier on your small intestine, which in turn makes things easier on your large intestine later in the digestive process. Translation: easy digestion = less bloating after meals. Take 1-2 capsules per meal.

Fish Oil

Omega-3 fatty acids from fish oil moisturizes the skin and provides your body with necessary ingredients to fight inflammation at a cellular level. Because it's an oil, consuming it also helps with the absorption of other fat soluble vitamins like vitamin D when taken at the same time. RDA is 250-500mg of combined DHA and EPA, but doses of up to 2-3 grams daily can be tolerated and beneficial for some people.

Magnesium

Magnesium is involved in over 300 processes in the body, and can help improve your sleep, calm your nerves, reduce PMS symptoms, and can support healthy digestion by relaxing the intestines and making bowel movements easier. RDA for magnesium is 310-420 mg daily and higher doses may stimulate more rapid "digestive movement" if you know what I mean.

Liposomal B Complex

B vitamin complex is related to healthy blood cells, nervous system function, digestion, and energy levels. Taking them as a complex means you're getting some of each of the essential b vitamins in one dose. Liposomal B vitamins are encapsulated in a phospholipid or fatty layer that makes them more easily absorbed by the body. RDA is 2.4 mcg.

Phosphatidylserine

Phosphatidylserine (pronounced “foss-fa-tie-dill-see-reen”) is a phospholipid, or fat, that is essential for cell membrane structure. It’s helpful to manage the effects of cortisol and therefore the effects of chronic stress when taken regularly.

Spore-Based Probiotics

Gut bugs! While probiotics being good for your health is old news, what you may not know is spore-based (also known as soil-based) probiotics are actually one of the best kinds of probiotics to be ingesting. The species of probiotics that are spore-based are more heat stable and withstand stomach acid better because of their encapsulation. These kinds of gut bugs are what we would be ingesting if we didn’t have modern agriculture and pesticides (organic or conventional). Take 1-2 capsules daily for gut maintenance.

Rhodiola

This alpine root is an adaptogen, meaning it supports your adrenals in balancing themselves out instead of actively stimulating or subduing them. That being said, rhodiola may have an overly-stimulating effect on some people, so it’s best to start your dose low and increase only as needed, and make sure to take rhodiola in the morning and not at night (unless you’re pulling an all-nighter!). Take 1-4 capsules in the morning as needed, looking for around 120mg rhodiola/6mg rosavins per capsule.

Vitamin C

In addition to being a powerful antioxidant and an immune booster, it also helps your body absorb the mineral iron and studies show it's possible that low vitamin C levels contribute to increased fat storage. RDA of vitamin C for adults is 60 mg daily, but because it’s water soluble an upper limit of 2,000mg may be tolerable. If you take large doses of vitamin C and experience nausea or diarrhea simply lower your dose or split the dose up over the course of the day.

Vitamin D

Vitamin D actually functions more like a hormone than a vitamin. Influencing absorption of calcium, boosting immune system strength, and even elevating your mood are just a few of the things vitamin D does for you. RDA is 600IU for adults up to age 70, but doses of up to 2,000-4,000 IU daily can be tolerated and beneficial for some people.

Zinc 🍷📈

It's a known opponent of the common cold, but zinc does so much more. Proper zinc sufficiency is attributed to rapid wound healing, and it's necessary for the creation of stomach acid for healthy digestion. It supports nerve function and metabolism. The RDA for zinc is 8-11mg, but it is considered safe to take up to 40mg daily.

Ready to get started?

Click here to sign up and get a 20% discount on supplements!

*RDA stands for “recommended daily allowance”, the daily dietary intake level of a nutrient considered sufficient by the Food and Nutrition Board of the Institute of Medicine to meet the requirements of 97.5% of healthy individuals in a given category. The recommendations in this document are based on data for the category of adults aged 19-60.

Email me if you have any questions at: kelsey@kelseyale.com

DISCLAIMER:

This guide does not provide medical or health care advice. Consult your physician or other qualified health care provider for advice regarding any medical condition. Do not attempt to self-diagnose or treat any medical condition based on anything contained on this guide.

Also, just like in fitness, where “you can't out-train a bad diet”, in functional nutrition “you can't out-supplement a bad diet” either. These recommendations are designed to give your lifestyle the edge you need to feel great, but they can't “fix” deeper underlying issues. If you want to go deeper in your own healing journey, schedule a personalized one-on-one Nutrition & Wellness Consultation or check out my 12-Week Wellness Blueprint Program.