

## SUPPLEMENTS FOR YOUR 12-WEEK HEALTH RECOVERY

We believe that a good diet should support your health, and that, in an ideal world, there should be no need for any supplements.

However there are some factors which are out of our control, like for instance living in a northern country where there is a lack of sun, and therefore vitamin D.

That is why we would like to introduce you to a few supplements that you can choose to take during our 12-week plan, to help you recover your full health and energy levels. Here we don't go into detail about them, but simply suggest safe doses that you can easily handle.

\* Note: If you are vegan or vegetarian female with normal menstruations, iron and vitamin B deficiencies can be even life threatening, so please consult with your nutritionist or doctor. If you have any medical issues or you are pregnant or breastfeeding, please consult your doctor.

**Vitamin D**. This is an essential vitamin during the months of winter in the Northern Hemisphere. **You should not take Vitamin D supplements during the Summer and in places where there is a lot of sun.**

Dose: 1000-1600 IU per day, in oil form as soft-gel.

**Chromium** helps to move blood sugar (glucose) from the bloodstream into the cells to be used as energy and to turn fats, carbohydrates, and proteins into energy.

**You should only take Chromium if you have really bad sugar cravings.** The doses are:

Women -20 mcg per day

Men – 30mcg per day

**Vitamin B12** plays a role in making DNA and also helps keep nerve cells and red blood cells healthy.

Dose: 2.4mcg per day.

**Vitamin C and Zinc**,, this well-known pair is famous for their support to the immune system during the winter months, and through emotional or physical challenges.

Doses:

Vitamin C- 500mg per day

Zinc-           Women: 8mg per day

                  Men: 11 mg per day