

# LA JOLLA CHIROPRACTIC HEALTH CENTER

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## Nutritional Supplements

You may have noticed that I do not sell nutritional supplements here in the office. The reason for this is that I have found only rare formulas available to doctors which beat the quality and prices you could find at Henry's, Whole Foods, Trader Joe's, or especially on the Internet. I believe in spending the least amount of money for the best results. So, although there may be occasionally some slightly better formulas out there, the ones I've listed below are absolutely excellent considering their quality, formulation, simplicity, and price.

### General Multivitamin & Mineral Formulas

(take with main meals)

[ ] **"Green Source Multi"** is my favorite on-line for a multivitamin, made by "Puritan's Pride", [www.puritan.com](http://www.puritan.com). Locally **"Enhanced Energy Whole Food Multi"** by Kal, or Sun Harvest brand **"Life Multi Complete"** are available at Henry's. Dosage: **3 Tablets/day**

[ ] Henry's brand **"Ultimate Capsule"** -- an inexpensive yet comprehensive formula, especially high in B-Complex vitamins. Dosage: **2 Tablets/day**

[ ] **"Mega Pak Multiple"** by Nature's Life or **"Nutri Packs"** by Health N Fit Nutritionals are excellent high potency multivitamin packs at a good price, for those who wish the simplicity of having most everything you need in one daily packet. Available at Sprouts (Henry's) and The Vitamin Shoppe. Dosage: **1 Packet/day**

[ ] **Hypoallergenic** Multivitamins and minerals – (1) first try **"Nutrigenic Softgels"** (by Nature's Plus) **3/day**; if not well tolerated, try the **"Advanced Adult Multivitamin/mineral Hypoallergenic"** (by Kirkman) **5/day**; **"Bone Builder"** (by Ethical Nutrients) **6/day** is a good hypoallergenic calcium/magnesium formula to accompany your multivitamins.

### Bone and Joint Formulas

(take with meals)

[ ] Jarrow Formula's **"Bone-Up"** – for women, the only form of calcium which actually **builds bones** after age 35 and even after menopause. Most other forms of calcium merely slow down age related bone loss, without building them. Dosage: **6 (yes 6) Capsules/day**

[ ] Henry's **"Chelated Calcium/Magnesium Formula"** or **"Calcium-Magnesium Citrate"** – good formulas for men, inexpensive, and these minerals are attached to amino acids, the building blocks of proteins, for easier absorption. Dosage: **3 Tablets/day**

[ ] **"Glucosamine Sulfate 750 mg + Chondroitin Sulfate 600mg + MSM 500mg (or more)"** – excellent alternative to long term non-steroidal anti-inflammatory drugs. Glucosamine was shown as effective as naprosyn for degenerative arthritis, one of the strongest available pain medications, but without the gastrointestinal and long-term cartilage break-down side effects. The following companies produce products which have been certified for potency by

[www.ConsumerLab.com](http://www.ConsumerLab.com): “Puritan's Pride”, “Vitamin World”, “Kirkland”, and “Now” brand. Dosage: **2 Capsules/day or whatever combination gives you a total of at least 1500 mg/day of glucosamine, 1200 mg/day chondroitin, and if possible 1000-3000 mg/day MSM.**

### **Additional Helpful Supplements** (usually take with meals)

[ ] Antioxidant Formula. Puritan's Pride “**Maximum Antioxidant Formula**”. This is one of the best formulas I've seen. . It contains an incredible blend of antioxidant vitamins, minerals, herbs, and co-factors at a very reasonable price, [www.puritan.com](http://www.puritan.com) . Trader Joe's also has an inexpensive formula, which is not as complete but good. Dosage: **2 Tablets/day**

[ ] Vitamin D3. Although vitamin D is in a lot of multiple formulas, additional amounts may be of great help. New research has found that Vitamin D can help protect against 22 forms of cancer, diabetes, hypertension, M.S., rheumatoid arthritis, and of course osteoporosis. Be sure to shop for Vitamin D<sub>3</sub>, Cholecalciferol, instead of D<sub>2</sub>. Dosage \_\_\_\_\_ units per day.

[ ] Coenzyme Q10. This is a vital component of the energy producing cycle within all of the cells of the body. It is necessary that cardiac muscle and all muscles have plenty of CoQ10 available due to their rapid metabolism. Persons taking Statin Drugs are especially at risk of CoQ10 depletion, resulting in deterioration of the heart and skeletal muscles. There is a lot of variation among brands, for price and quality I suggest Henry's Sun Harvest brand or Puritan Pride's Q-sorb CO-Q-10. Dosage: \_\_\_\_\_ mg per day.

### **Essential Fatty Acids (EFA's) and Fish Oils** (take with main meals)

Essential Fatty Acids are one of the most important components of a proper dietary approach to diminish pain and inflammation within the body, promote excellent cardiovascular health, normalize hormone function, improve arthritis and all connective tissue repair (cartilage, ligament, and muscle), diminish allergies, improve the immune system and lower cancer incidence, as well as promote normal brain function (aiding in ADHD, depression, Alzheimer's disease), etc., ... please ask me for a more comprehensive list of benefits.

Research has shown that the minimum level of omega 3 fatty acids should be 2700mg of **EPA** and 1300 mg of **DHA**. Most fish oil supplements contain only a fraction of these key ingredients, so you have to read the label carefully, and look for 'extra-strength' or 'concentrated' formulas. I strongly recommend getting capsules and not getting a liquid since even refrigerated, liquids become rancid very quickly with exposure to oxygen and light. There are more and more companies which are coming out with less expensive extra-strength formulas--better deals are often available on the web--and here are some excellent examples requiring lower daily dosages...all of which are equally pure and high in quality.

[ ] Puritan's Pride “**Omega 3 Supreme: Highly Concentrated Fish Oil**” available on-line at [www.puritan.com](http://www.puritan.com) is the best priced; GNC “**Triple Strength Fish Oil**” – locally available (about \$18.00 for 15 day supply) costs a little more, as does Twinlab “**Mega Twin EPA Fish Oil**”. With any of these 3 brands you need fewer capsules per day to get the recommended levels of EPA & DHA. Dosage: **5 gel caps per day for each of the above listed brands ...**

## Liquid Nutritional Formulas & Children's Formulas

(taken with meals)

### Liquid Multivitamin Formula:

[ ] "Source of Life" made by Nature's Plus - Dosage: **2 Tablespoons per day**

### Liquid Calcium-Magnesium Formula:

[ ] "Liquid Cal-Mag" made by KAL - Dosage: **2 Tablespoons per day**

### Liquid Glucosamine-Chondroitin-MSM Complex:

[ ] "Liquid Joint Maintenance" by Vitamin World [www.vitaminworld.com](http://www.vitaminworld.com) – Dosage: **3-4 Tablespoons per day**

## Children's Vitamin and Mineral Formulas

(taken with meals)

- [ ] Twinlab – "Animal Friends Children's Chewable Vitamins, Bunch-O-Berry 50 Chewable" or Source Naturals --"Mega-Kid Chewable Multi" Dosage: **children ages 1-4 take 1 per day; ages 4-9, 1-2 per day; after age 10 children may take an adult multivitamin**
- [ ] Pioneer "Chewable Calcium-Magnesium" the best formula I've seen, available at 'The Vitamin Shoppe'; Dosage: **Ages 1-4, 2 per day; Ages 5-9, 4 per day; after age 10 they can take adult formulas**

## Cholesterol Lowering Supplements

[ ] Good commercial formulas containing both Gum Guggul and Policosanol are:

- (1) "ChoLESStat" by MRM (Dosage: **2-3 per day**) or
- (2) "Cholesterol Support" by Now Foods (Dosage: **3 per day**)

## Fibromyalgia and Muscle Recovery Supplements

[ ] **Corvalen-M** with D-ribose, Magnesium, and Malic acid. Available locally at Pharmaca. On-line, the exact same formula may be purchased at a 33 % savings from [www.swansonvitamins.com](http://www.swansonvitamins.com) by the name of "Swanson Ultra D-Ribose with Malic Acid Complex". Each of these brands requires the same Dosage: **3 scoops per day for first 1-2 months, then 2 scoops per day thereafter.**

[ ] **Malic Acid** – Alone (not with magnesium, a mineral which should be already present in your other supplements). Many brands are available at local health food stores. Choose between them on the basis of cost and ease of meeting the daily required dosage. Dosage: \_\_\_\_\_ (**1200-2400 mg/day**).

[ ] **Creatine** – Available at most health food stores, any brand. Dosage: **500 mg 2x per day**

## Anti-Ageing Supplements

[ ] **Acetyl-L-Carnitine** – Available in many brands, the cheapest source is via the internet. Puritan's Pride sells this for a great price. Dosage: **500 mg twice per day.**

[ ] **Alpha Lipoic Acid** -- Also best to be purchased via the internet, but some stores have this priced well too. Dosage: **250 mg twice per day.**