



Curated Supplements Master List

<u>5-HTP</u>	<u>CoQ10</u>	<u>Greens Powders</u>	<u>Monolaurin</u>
<u>Aloe</u>	<u>Curcumin [Turmeric]</u>	<u>Glutathione Boosters</u>	<u>N-A-C</u>
<u>Alpha Lipoic Acid</u>	<u>Vitamin D</u>	<u>Hibiscus</u>	<u>Olive Leaf</u>
<u>Ashwagandha</u>	<u>Dr. Vim's</u>	<u>Holy Basil</u>	<u>Omega 3s</u>
<u>Astragalus</u>	<u>Dulse</u>	<u>Iodine</u>	<u>Pain</u>
<u>B Complex</u>	<u>Elderberry</u>	<u>Iron</u>	<u>Phenibut</u>
<u>Bacopa</u>	<u>Enzymes [Digestive]</u>	<u>Kickass Herbs by Wishgarden</u>	<u>Probiotics</u>
<u>Barley Grass Juice Powder</u>	<u>Enzymes [Proteolytic]</u>	<u>Lemon Balm</u>	<u>Protein Bars</u>
<u>B12</u>	<u>Folate - Low Dose</u>	<u>Licorice</u>	<u>Protein Powders</u>
<u>Berberine</u>	<u>Folate - High Dose</u>	<u>Lysine</u>	<u>PQQ</u>
<u>Burdock</u>	<u>Folate - Combination</u>	<u>Magnesium</u>	<u>Reishi</u>
<u>Vitamin C</u>	<u>GABA</u>	<u>Meal Replacements</u>	<u>Red Clover</u>
<u>Cat's Claw</u>	<u>Ginger</u>	<u>Multivitamins - Children</u>	<u>Silver</u>
<u>CBD</u>	<u>Ginseng / Eleuthero</u>	<u>Multivitamins - Men</u>	<u>Spirulina</u>
<u>Chaga</u>	<u>Glutathione</u>	<u>Multivitamins - Women</u>	<u>Turmeric</u>
<u>Cold / Flu</u>	<u>Goldenseal</u>	<u>Multivitamins - Unisex</u>	<u>Zinc</u>

Updated January 2019

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5-HTP

- **Now Capsules** - 120 100 mg capsules for \$15 \$4 per month at 1x/day [100 mg]
- **Pure Encapsulations Capsules** - 60 100 mg capsules for \$49 \$25 per month at 1x/day [100 mg]
- **Neurogistics Liquid** - 60 servings of 25 mg for \$37 \$37 per month at 2x/day [50 mg]
- *May have higher bioavailability than capsules, hence the lower dose*

ALOE

- **New Chapter Fermented Aloe Powder** - 45 servings for \$27 \$18 per month at 1x/day
- **Aloe Life Concentrate Superfruit Flavor** - 16 servings for \$20 \$40 per month at 1x/day

ALPHA LIPOIC ACID

- **Now** - 120 600 mg capsules for \$22 · \$6 per month at 1x/day [600 mg]
- **Pure Encapsulations** - 120 600 mg capsules for \$88 · \$22 per month at 1x/day [600 mg]
- **Quicksilver Liposomal** - 25 servings for \$30 · \$36 per month at 1x/day
- *Low dose but very high bioavailability; also includes 500mg of Vitamin C*

ASHWAGANDHA

- **Nootropics Depot KSM-66 Powder** - 200 doses for \$10 · \$3 per month at 2x/day
- **Nootropics Depot KSM-66 Capsules** - 180 capsules for \$25 · \$8 per month at 2x/day
- **Natural Factors Capsules** - 60 capsules for \$15 · \$15 per month at 2x/day

ASTRAGALUS

- **Organic Bulk 1lb Bag** - 45 10 gram doses for \$20 · *\$13 per month* at 10g/day
- **Gaia Astragalus Supreme** - 30 doses for \$19 · *\$38 per month* at 2x/day

B COMPLEX

- **Country Life** - 240 capsules for \$35 · *\$9 per month* at 2x/day
- **Pure Encapsulations B6 Complex** - 120 capsules for \$35 · *\$18 per month* at 2x/day
- *Contains a high amount of B6 for neurotransmitter and glutathione support*

BACOPA

- **Bacopa Gold** - 90 capsules for \$19 · *\$13 per month* at 2x/day

BARLEY GRASS JUICE POWDER

- **Vimergy Powder** - 63 servings of 4,000 mg for \$50 · *\$25 per month* at 1 TSP/day [4,000 mg]
- **Vimergy Capsules** - 240 525 mg capsules for \$35 · *\$35 per month* at 8x/day [4,200 mg]

B12 [Methylcobalamin + Adenosylcobalamin]

- **KAL** - 60 doses for \$12 · *\$6 per month* at 1x/day [2,000 mcg]
- **Vimergy** - 30 doses for \$28 · *\$28 per month* at 1x/day 2,500 mcg]
- **VeganSafe** - 30 doses for \$30 · *\$30 per month* at 1x/day [2,500 mcg]

BERBERINE

- **Natural Factors** - 60 500 mg capsules for \$20 · *\$30 per month* at 3x/day

BURDOCK

- **Organic Bulk 1lb Bag** - 227 2 g servings for \$12 · \$3 per month at 2x/day
- **Oregon's Wild Harvest Capsules** - 90 capsules for \$12 · \$12 per month at 3x/day
- **Traditional Medicinals Burdock Teabags [with nettle]** - 16 teabags for \$6 · \$22 per month at 2x/day

VITAMIN C

- **American Health** - 180 1,000 mg tablets for \$25 · \$8 per month at 2x/day [2,000 mg]
- **Pure Encapsulations.** - 180 620 mg capsules for \$63 · \$32 per month at 3x/day [1,860 mg]
- **Vimergy** - 180 500 mg capsules for \$48 · \$32 per month at 4x/day [2,000 mg]
- **Lipo Naturals Liposomal Liquid** - 60 1,000 mg doses for \$60 · \$60 per month at 2x/day [1,000 mg]
- See also [Cold / Flu](#)

CAT'S CLAW

- **Hawaii Pharm Liquid** - 120 doses for \$34 · \$17 per month at 2x/day
- **Allergy Research Group** - 60 capsules for \$24 · \$24 per month at 2x/day
- **Pure Encapsulations** - 90 capsules for \$37 · \$25 per month at 2x/day

CBD

- **PlusCBD Raw Softgels** - 60 5 mg servings for \$45 · \$45 per month at 2x/day [10 mg]
- *Contains Raw [undecarboxylated] CBD/CBDA, which has fewer nervous system effects but is still a powerful anti-inflammatory and antiemetic [fights nausea]*
- **PlusCBD Gold Softgels** - 60 15 mg capsules for \$81 · \$40 per month at 1x/day [15 mg]

- **PlusCBD Gold Liquid** - 160 5 mg servings for \$90 · \$51 per month at 3x/day [15 mg]

CHAGA

- **Vimergy Powder Bag** - 165 1,500 mg servings for \$84 · \$32 per month at 2x/day [3,000 mg]
- **Vimergy Powder Sachets** - 20 3,000 mg servings for \$30 · \$45 per month at 1x/day [3,000 mg]
- **Host Defense Capsules** - 120 500 mg capsules servings for \$45 · \$45 per month at 4x/day [2,000 mg]

COLD / FLU

- **Gaia Quick Defense** - 20 capsules for \$16 · \$16 for a 2-day supply
- *Take 2 caps 5x/day for 2 days, starting at the very onset of symptoms*
- **Andrographis Respiratory Wellness** - 120 tablets for \$22 · \$22 per month at 4x/day
- **Host Defense MyCommunity Capsules** - 60 capsules for \$30 · \$30 for a 6-day supply at 10x/day
- See also [N-A-C](#), [Vitamin C](#), [Silver](#), and [Lung](#)

CoQ10

- **Country Life** - 60 200 mg capsules for \$31 · \$16 per month at 1x/day [200 mg]
- **Healthy Origins Ubiquinol** - 60 200 mg capsules for \$44 · \$22 per month at 1x/day [200 mg] [gelatin capsule]
- **Xymogen CoQmax ME** - 120 50 mg capsules for \$60 · \$30 per month at 2x/day
- *100 mg, but equivalent to 200-300 mg of standard CoQ10*
- *Note that Xymogen products are not available online [gelatin capsule]*
- **Life Extension PQQ + CoQ10** - 30 capsules for \$27 · \$54 per month at 2x/day

- *This also contains PQQ, so is really two products in one [gelatin capsule]*

CURCUMIN [Turmeric] - BCM-95

- **Progressive Labs** - 60 400 mg capsules for \$24 · *\$24 per month* at 2x/day [800 mg]
- **Curamed** - 120 375 mg capsules for \$50 · *\$25 per month* at 2x/day [750 mg] [gelatin capsule]

VITAMIN D

- **Garden of Life Liquid**- 125 1,000 iu doses for \$12 · *\$3 per month* at 1x/day [1,000 ius/day]
- **Pure Encapsulations** - 120 1,000 iu capsules for \$20 · *\$5 per month* at 1x/day [1,000 ius/day]

Dr. VIM'S

- **Vigor for Men** - 30 capsules for \$40 · *\$56 per month* at 2 capsules 5x/week
- *Preferred dosing is 5 days on, 2 days off; can take up to 4 caps at once for immediate effects*
- **Yinergy for Women** - 30 capsules for \$40 · *\$40 per month* at 1x/day

DULSE

- **Maine Coast Flakes** - 38 servings of 3 grams for \$11 · *\$9 per month* at 1x/day

VITAMIN E

- **Deva E Capsules** - 90 400 iu capsules for \$19 · *\$6 per month* at 1x/day

ELDERBERRY

- **Gaia Syrup** - 32 servings for \$21 · *\$21 per month* at 1x/day [raw herb equivalent = 14,500 mg]

- **Nature's Way Gummies** - 60 gummies for \$12 · \$36 per month at 6x/day
[raw herb equivalent = 9,600 mg]

ENZYMES [Digestive]

- **Digest Gold** - 45 capsules for \$23 · \$30 per month at 2x/day

ENZYMES [Proteolytic]

- **Repair Gold** - 120 capsules for \$55 · \$82 per month at 6x/day

FOLATE - Low Dose

- **Now** - 90 1,000 mcg capsules for \$11 · \$4 per month at 1x/day
- **Pure Encapsulations** - 90 1,000 mcg capsules for \$26 · \$9 per month at 1x/day

FOLATE - High Dose

- **Now** - 50 5,000 mcg capsules for \$23 · \$14 per month at 1x/day
- **Thorne** - 60 5,000 mcg capsules for \$50 · \$25 per month at 1x/day

FOLATE - Combination

- **Neurobiologix** - 90 5,000 mcg capsules for \$37 · \$12 per month at 1x/day
- *Also Contains B2, B3, and Folinic Acid*

GABA

- **Source Naturals Theanine Serene** - 120 tablets for \$25 · \$13 per month at 2x/day
- *Contains GABA, Theanine, Magnesium, Taurine, and herbal extracts*
- **Natural Factors Chewables** - 120 chewables for \$39 · \$20 per month at 2x/day
- **Jarrow GABA Soothe** - 30 capsules for \$14 · \$28 per month at 2x/day
- *Also contains Theanine and Ashwagandha*

- See also [Phenibut](#) and [Lemon Balm](#)

GINGER

- **365 Organic Powder** - 15 3 gram servings for \$4 · *\$8 per month* at 1x/day
- **Gaia Capsules** - 60 capsules for \$22 · *\$22 per month* at 2x/day
- **Nature's Answer liquid** - 30 servings for \$12 · *\$24 per month* at 2x/day

GINSENG [And Eleuthero]

- **Nootropics Depot GS15-4 Powder** - 150 200 mg servings for \$50 · *\$20 per month* at 2x/day
- **Nootropics Depot GS15-4 Capsules** - 60 capsules for \$35 · *\$35 per month* at 2x/day
- **Gaia Eleuthero** - 60 capsules for \$23 · *\$23 per month* at 2x/day
- See also [Dr. Vim's](#)

GLUTATHIONE

- **Glutathione Gold Capsules** - 120 100mg capsules for \$50 · *\$25 per month* at 2x/day [200mg]
- **Quicksilver Lipsomal Liquid** - 50 servings of 100mg for \$45 · *\$54 per month* at 2x/day [200 mg]

GLUATHIONE BOOSTERS

- **Numedica Liver Defend** - 60 capsules for \$30 · *\$30 per month* at 2x/day
- See also [N-A-C](#) and [Alpha Lipoic Acid](#)

GOLDENSEAL

- **Nature's Answer Capsules** - 50 capsules for \$13 · *\$13 per month* at 3x/day

- *2 weeks on, 2 weeks off [monthly price reflects this]*
- **Oregon's Wild Harvest Capsules** - 50 capsules for \$20 · \$20 per month at 3x/day
- *2 weeks on, 2 weeks off [monthly price reflects this]*

GREENS POWDERS

- **Green Vibrance** - 60 servings for \$69 · \$35 per month at 1x/day
- *The best in category by a long shot; also a full potency probiotic and contains herbal extracts for immune support; mixes well with apple juice*

HOLY BASIL [AKA Tulsi]

- **Gaia Capsules** - 120 capsules for \$31 · \$15 per month at 2x/day
- **Organic India Tea** - 36 teabags for \$13 · \$22 per month at 2x/day

HIBISCUS

- **Organic 1 lb Bulk** - 227 2 g servings for \$12 · \$3 per month at 2x/day
- **Solaray Capsules** - 60 capsules for \$10 · \$10 per month at 2x/day
- **Traditional Medicinals Tea** - 96 1.3 g teabags for \$29 · \$18 per month at 2x/day
- **Gaia Hibiscus Tea** - 16 2 g teabags for \$9 · \$36 per month at 2x/day

IODINE

- **Detoxidine Liquid Nascent** - 200 servings of 1,950 mcg for \$30 · \$5 per month at 3 drops/day [1,950 mcg]

IRON

- **MegaFood Blood Builder** - 90 tablets for \$27 · \$9 per month at 1x/day
- **Gaia Liquid Iron** - 47 doses for \$27 · \$17 per month at 1x/day

KICKASS HERBAL FORMULAS BY WISHGARDEN

- **Kickass Biotic**- 40 servings for \$30 · \$30 for a 10 day intensive
[6x/day for 2 days, then 3x/day for 8 days]

LEMON BALM

- **Nootropics Depot Powder** - 250 1,000 mg servings for \$20 · \$5 per month at 2x/day
[raw herb equivalent = 20,000 mg/day]
- **Bulk Herb 1 lb bag** - 115 4,000 mg servings for \$30 · \$8 per month at 2x/day
[raw herb equivalent = 8,000 mg/day]
- **Planetary Herbals Capsules** - 120 capsules for \$16 · \$16 per month at 4x/day
[raw herb equivalent = unknown but likely over 5,000 mg/day] [gelatin capsule]
- **Traditional Medicinals Teabags** - 16 1,500mg servings for \$5 · \$20 per month at 2x/day
[raw herb equivalent = 3,000 mg/day]
- **Vimergy Liquid** - 30 servings for \$8 · \$24 per month at 3x/day
[raw herb equivalent = 2,100 mg/day]
- **Oregon's Wild Harvest Capsules** - 90 capsules for \$13 · \$26 per month at 6x/day
[raw herb equivalent = 2,250 mg/day]
- **Lemon Balm Force Capsules**- 30 capsules for \$19 · \$38 per month at 2x/day
[raw herb equivalent = 2,900 mg/day]

LICORICE

- **Nature's Answer Liquid** - 15 servings for \$9 · \$18 per month at 2x/day

LUNG SUPPORT

- **Old Indian Wild Cherry Bark Syrup** - 47 servings for \$29 · \$36 per week at 2x/day
- **Gaia Bronchial Wellness** - 32 servings for \$19 · \$15 per week at 3x/day
- See also [Cold / Flu](#)

LYSINE [AKA L-Lysine]

- **Now Powder** - 822 servings of 435 mg for \$11 · **\$2 per month** at 4.5x/day [~2,000 mg]
- **Country Life Tablets with B6** - 250 1,000 mg tablets for \$20 · **\$5 per month** at 2x/day [2,000 mg]
- **Vimergy Capsules** - 270 500 mg capsules for \$28 · **\$12 per month** at 4x/day [2,000 mg]

MAGNESIUM GLYCINATE

- **KAL Tablets** - 180 200 mg tablets for \$23 · **\$8 per month** at 2x/day [400 mg]
- **KAL Chewables** - 120 100 mg chewables for \$14 · **\$14 per month** at 4x/day [400 mg]
- **Pure Encapsulations Capsules** - 180 120 mg capsules for \$34 · **\$17 per month** at 3x/day [360 mg]
- **Pure Encapsulations Liquid** - 48 165 mg servings for \$36 · **\$45 per month** at 2x/day [330 mg]

MEAL REPLACEMENTS

- **Garden of Life Raw Meal** - 28 servings for \$37 · **\$40 per month** at 1 scoop per day
 - *Protein, Multivitamin [lower potency], High in Fiber*
- **Maximum Vibrance** - 15-30 servings for \$64 · **\$64-128 per month** at 1-2 scoops per day
 - *Protein, Multivitamin [high potency], Full Potency Probiotic, Herbal Extracts, Antioxidants; NOTE: this product is so uniquely powerful and comprehensive that it constitutes its own category; See also [Green Vibrance](#)*

MELATONIN

- **Herbatonin 0.3 mg Caps** - 90 0.3 mg capsules for \$18 · **\$6 per month** at 1x/day

- *This is best for those who are sensitive to melatonin as it's a very low dose and quite gentle*

- **Pure Encapsulations 3 mg Caps** - 180 3 mg capsules for \$30 · \$5 per month at 1x/day

MONOLAURIN

- **Lauricidin Granules** - 75 3,000 mg servings for \$39 · \$15 per month at 1x/day [3,000 mg]
- **Health From the Sun Capsules**- 90 500 mg servings for \$11 · \$22 per month at 6x/day [3,000 mg]

MULTIVITAMINS - Children

- **Garden of Life MyKind Gummy** - 120 gummies for \$19 · \$19 per month at 4x/day

MULTIVITAMINS - Men

- **New Chapter One Daily** - 96 tablets for \$40 · \$13 per month at 1x/day
- **New Chapter One Daily 40+** - 96 tablets for \$43 · \$14 per month at 1x/day
- **Garden of Life MyKind Once Daily** - 60 tablets for \$34 · \$17 per month at 1x/day
- **Garden of Life MyKind Gummy** - 120 gummies for \$19 · \$19 per month at 4x/day
- **Garden of Life MyKind 40+** - 120 tablets for \$56 · \$28 per month at 2x/day

MULTIVITAMINS - Women

- **New Chapter One Daily** - 96 tablets for \$37 · \$12 per month at 1x/day
- **New Chapter One Daily 40+** - 72 tablets for \$37 · \$15 per month at 1x/day
- **Garden of Life MyKind Once Daily** - 60 tablets for \$32 · \$16 per month at 1x/day
- **Garden of Life MyKind Gummy** - 120 gummies for \$19 · \$19 per month at 4x/day

- Garden of Life MyKind 40+ - 120 tablets for \$50 · \$25 per month at 2x/day

MULTIVITAMINS - Unisex

- New Chapter Only One - 72 capsules for \$39 · \$16 per month at 1x/day
- Pure Encapsulations PureGenomics - 60 capsules for \$34 · \$17 per month at 1x/day

N-A-C [N-Acetyl-Cysteine]

me

- Now - 250 600 mg capsules for \$19 · \$5 per month at 2x/day [1,200 mg]
- Pure Encapsulations - 180 600 mg capsules for \$48 · \$16 per month at 2x/day [1,200 mg]
- See also [Cold / Flu](#)

OLIVE LEAF

- Gaia Capsules - 120 capsules for \$27 · \$14 per month at 2x/day

OMEGA 3s

- Nature's Way Nutravege - 40 servings for \$14 · \$10 per month at 1x/day [200 EPA / 300 DHA]
- NuTru O-Mega-Zen - 40 servings for \$24 · \$18 per month at 1x/day [150 EPA / 300 DHA]

PAIN

- California Poppy Capsules - 60 servings for \$14 · \$14 per month at 2x/day
- California Poppy Liquid - 60 servings for \$24 · \$24 per month at 2x/day
- Gaia Turmeric Pain PM - 60 capsules for \$25 · \$38 per month at 3x/day
- Corydalis [Yan Hu Suo] - 20 5,000 mg servings for \$16 · \$48 per month at 2x/day
- *Excellent for all pain, but especially useful before bed as it has sedative properties*

- **Curamin Extra Strength** - 40 servings for \$67 · \$50 per month at 3x/day
- See also [CBD](#)

PHENIBUT [AKA Beta-Phenyl-GABA]

- **Nootropics Depot Capsules** - 180 250 mg capsules for \$22 · \$7 per month at 2x/day [500 mg]

PROBIOTICS

- **Enzymedica Pro-Bio** - 90 capsules for \$42 · \$14 per month at 1x/day
- **Garden of Life Kids+ Chewable** - 30 chewables for \$14 · \$14 per month at 1x/day
- **Garden of Life Primal Defense Ultra** - 180 capsules for \$57 · \$19 per month at 2x/day [or \$10 per month at 1x/day - CHEAPEST OPTION]
- **Probulin Daily Care** - 60 capsules for \$38 · \$19 per month at 1x/day
- **Garden of Life 5-Day Max Care 400 Billion** - 5 servings for \$31 · \$31 for a 5-day period of intensive support
 - *Ideal for emergencies*

PROTEIN BARS

- **Garden of Life Weight Loss Bar** - 12 bars for \$23 · \$60 per month at 1x/day
 - *Not just for weight loss; also very high in fiber and contains Ashwagandha for mood and stress support*
- **Garden of Life Sport Bar** - 12 bars for \$24 · \$60 per month at 1x/day

PROTEIN POWDERS

- **Manitoba Harvest Max Protein** - 14 servings for \$12 · \$26 per month at 1x/day
 - *More protein but less fiber*
- **Manitoba Harvest Hemp Max Fiber** - 13 servings for \$16 · \$37 per month at 1x/day

- *Less protein but more fiber*

- **Simple Pumpkin Seed Powder** - 16 servings for \$24 · *\$45 per month* at 1x/day

PQQ

- **Doctor's Best Capsules** - 30 20 mg capsules for \$16 · *\$16 per month* at 1x/day
- **Life Extension PQQ + CoQ10** - 30 capsules for \$27 · *\$54 per month* at 2x/day
- *This also contains CoQ10 as Ubiquinol, so is really two products in one [gelatin capsule]*

RED CLOVER

- **Organic Bulk 1lb Bag** - 227 2 g servings for \$26 · *\$7 per month* at 2x/day
- **Traditional Medicinals Teabags** - 96 2 g teabags for \$30 · *\$19 per month* at 2x/day
- **Nature's Answer Liquid** - 15 servings for \$10 · *\$20 per month* at 1x/day
- **Nature's Answer Capsules** - 90 capsules for \$11 · *\$22 per month* at 6x/day
- **Vitanica Capsules** - 60 capsules for \$22 · *\$22 per month* at 2x/day

REISHI

- **Vimergy Powder** - 166 1,500 mg servings for \$100 · *\$18 per month* at 1x/day [1,500 mg]
- **Host Defense Capsules** - 120 500 mg capsules for \$45 · *\$34 per month* at 3x/day [1,500 mg]

SILVER

- **Sovereign Silver 4 oz** - 24 servings for \$19 · *\$48 per month* at 2x/day
- **Sovereign Silver 32 oz** - 189 servings for \$69 · *\$22 per month* at 2x/day

- **Sovereign Silver Nose Spray** - 590 sprays for \$12 · \$12 per month at 20 sprays per day
- **Sovereign Silver Topical Gel** - 1 oz for \$12 · Cost varies depending on usage
- See also [Cold / Flu](#)

SPIRULINA

- **Now Powder** - 150 3,000 mg servings for \$22 · \$9 per month at 2x/day [6,000 mg]
- **Now Tablets** - 120 1,000 mg tablets for \$11 · \$17 per month at 6x/day [6,000 mg]
- **Vimergy Powder** - 83 3,000 mg servings for \$30 · \$22 per month at 2x/day [6,000 mg]

ZINC

- **Now Capsules** - 120 50 mg capsules for \$9 · \$2 per month at 1x/day [50 mg]
- **Pure Encapsulations Capsules** - 180 30 mg capsules for \$32 · \$5 per month at 1x/day [30 mg]
- **Vimergy Liquid** - 50 servings of 7.5 mg for \$30 · \$36 per month at 2x/day [15 mg]
- This is a liquid zinc sulfate form and is thus significantly more bioavailable