

Supplement List

# of Pills	Name	Benefits	6:00 AM	11:00 AM	12:00 PM	6:00 PM	Before Bed	12:00 AM
1	Ashwagandha Extract Swanson Ashwagandha Extract withanolides (11.25 MG)	Rejuvenates and energizes the nervous system. Helps prevent stress-related disorders and stress-related depletion of vitamin C and cortisol. Increases physical endurance and improves sexual function. Has anti-inflammatory and antiaging effects. In laboratory studies, has modulated and stimulated immune function. Helps normalize thyroid hormones. From the Book Prescription for Nutritional Healing by Phyllis A. Balch, CNC	450 MG	450 MG		450 MG		
2	Ginger (Buy the Crave Ginger Powder Root Extract)	Fights inflammation, cleanses the colon, reduces spasms and cramps and stimulates circulation. A strong antioxidant and effective antimicrobial agent for sores and wounds. Protects the liver and stomach. Useful for bowel disorders, circulatory problems, arthritis, fever, headache, hot flashes indigestion, morning sickness, motion sickness, muscle pain, nausea and vomiting. From the Book Prescription for Nutritional Healing by Phyllis A. Balch, CNC – Also good for Anemia and Edema.	500 MG			500 MG		
1	Iron (Ferrous Sulfate	For Anemia	325 MG					
1	Melatonin Swanson Low Dose Melatonin	Melatonin helps prevent harmful oxidation reactions from occurring. In this way, melatonin may prevent the changes that lead to hypertension and heart attack and may reduce the risk of certain kinds of cancer. Melatonin also has been found to stimulate the immune system; has a major role in the production of estrogen, testosterone, and possibly other hormones, helping to prevent cancers involving the reproductive system; and slow the growth of existing malignancies. Also helps regulate sleep when taken before bed. Also works for migraines better than some migraine medications. From the Book Prescription for Nutritional Healing by Phyllis A. Balch, CNC					2 MG	
1	Milk Thistle	Protects the Liver from toxins and pollutants by preventing free radical damage and stimulates	500 MG					

	Go Nutra Milk Thistle Extract Powder	the production of new liver cells. People with liver disease who used silymarin had fewer liver related symptoms and better quality of life scores Also protects the kidneys. Good for gallbladder and adrenal disorders, inflammatory bowel disorders. Has shown anticancer effects against prostate cancer and breast cancer. Silymarin inhibits COX-2 formation. From the Book Prescription for Nutritional Healing by Phyllis A. Balch, CNC						
3	Psyllium Husks	Works for both constipation and diarrhea.	610 MG	610 MG		610 MG		
1	Vitamin D3 Vitamin K2 Swanson Vitamins D3 & K2 Vitamin D3 Vitamin K2 (MK-7)	Not getting enough vitamin D in the diet or from direct sunlight has been linked to the development of several diseases including heart disease, osteoporosis, diabetes, and cancers such as breast and colon. From the Book Prescription for Nutritional Healing by Phyllis A. Balch, CNC Vitamin K is needed for the production of prothrombin, which is necessary for blood clotting. It is also essential for bone formation and repair; it is necessary for the synthesis of osteocalcin, the protein in bone tissue on which calcium crystallizes. Consequently, it may help prevent osteoporosis. In addition, it may protect the vascular system by preventing calcification in the arteries. The liver is a very efficient extractor of vitamin K, which it uses to make clotting factors for the blood. From the Book Prescription for Nutritional Healing by Phyllis A. Balch, CNC	5000 IU 100 MCG					
1	White Willow Solaray Vital Extracts White Willow Bark 25% (Pain) White Willow Bark Extract Salicin White Willow Bark	Relieves pain. Good for allergies, headache, backache, nerve pain, joint pain, inflammation, menstrual cramps, toothache, and injuries. For backache, use of white willow allowed for a reduction in the use of pain medications. From the Book Prescription for Nutritional Healing by Phyllis A. Balch, CNC	150 MG 600 MG 75 MG					

4	Tylenol	For Pain			1000 MG			1000 MG
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