

Dr. Trista's Daily Essential Supplement List for Adults

(These recommendations are subject to change at any time.)



1. Multivitamin

- Purpose: High Quality Multivitamins provide cell and body support, maintain nervous and immune system function, energy regulation and helps the body to produce anti-inflammatory enzymes.
- Brands We Recommend:
 - Metagenics Phytomulti, Seeking Health Optimal Multivitamin Plus, Nutri-Dyn Essential Multi (not available on Fullscript)

2. Omega 3 Fish Oil

- Purpose: High Quality Fish Oils promote overall health by supporting healthy nervous system function, cardiovascular health, blood lipids and healthy cell membrane structure.
- Brands We Recommend:
 - Metagenics OmegaGenics EPA-DHA 720, Nutri-Dyn OmegaPure EPA-DHA 720 (not available on Fullscript), Bulletproof Omega Krill Complex (not available on Fullscript), [Not a fish oil, but also highly recommended for cardiovascular health:] The People's Chemist Cardio FX (not available on Fullscript)

3. Vitamin D3

- Purpose: High Quality Vitamin D maintains calcium balance in the body, supports healthy immune activity, bone density and overall health.
- Brands We Recommend:
 - Metagenics D3 5,000 IU with K2, Standard Process Cataplex D, Bulletproof ADK (not available on Fullscript), Nutri-Dyn Vitamin D3 5,000 IU with K2 (not available on Fullscript)

4. Probiotic

- Purpose: High quality probiotics enhance digestion, strengthen the gastrointestinal barrier, balance immune function and blunt inflammatory signaling in the gut.
- Brands We Recommend:
 - Klaire Labs Ther-Biotic Synbiotic (Probiotic and Prebiotic), Klaire Labs Ther-Biotic Complete, Metagenics UltraFlora Balance, Klaire Labs Target Gb-X Gut Brain Axis Powder Packets

5. Greens (Phytonutrient) Drink

- Purpose: Phytonutrient drinks are a nutrient-rich superfood formula designed to quench free radicals, support a healthy inflammatory response, boost energy, boost metabolism, increase fat-burning digestion, enhance detoxification and improve immunity.
- Brands We Recommend:
 - Metagenics Phytoganix, Amazing Grass Green Superfood, Nutri-Dyn Dynamic Fruits & Greens (not available on Fullscript), Garden of Life Raw Green Superfoods Juiced Greens Powder,

6. Electrolyte Drink (Steer clear of Gatorade!)

- Purpose: Electrolyte drinks are an important way to support optimal hydration, which supports mental clarity and cognition, along with energy production and vitality. Electrolytes carry electrical charges and play a key role in maintaining our cells' membrane stability and enabling proper muscle function.
- Brands We Recommend:
 - · Seeking Health Optimal Electrolyte Powder

7. Antioxidant

- Purpose: Antioxidants help to support the body's natural free-radical and oxidative stress defenses. They also support a healthy nervous system, healthy mitochondria (the powerhouse of our cells), and cellular communication.
- Brands We Recommend:
 - Seeking Health Optimal Liposomal Glutathione Liquid or Capsules, Bulletproof Glutathione Force Liposomal (not available on Fullscript), Seeking Health PQQ Lozenge, Bulletproof Unfair Advantage PQQ/Caprilic Acid/CoQ10 (not available on Fullscript), Seeking Health N-Acetyl-L-Cysteine (NAC), MediHerb Turmeric Forte, The People's Chemist Daily Dose (not available on Fullscript), Bulletproof Curcumin Max, Seeking Health Alpha-R Lipoic Acid, Nutri-Dyn Mitorecharge (not available on Fullscript)

Other Essentials Worth Mentioning:

Digestive Enzymes

- Klaire Labs Vital-Zymes
- Standard Proces Zypan

Thribe FAMILY chiropractic trista bringa DC. CACCP

Bone Broth Proteins & Collagen Proteins

- Ancient Nutrition Bone Broth Protein
- Ancient Nutrition Multi Collagen Protein Powder or Capsules
- Ancient Nutrition Bone Broth Collagen

Sick Season (See Sick Season Supplement List)

- Metagenics Potent Vitamin C Chewables
- Seeking Health Optimal Vitamin C Plus Powder
- Ancient Nutrition Vitamin C
- Klaire Labs Vitamin C
- Lypo-Spheric Vitamin C Gel Packets
- The People's Chemist Immune FX
- Progressive Labs Colloidal Silver Spray
- Designs for Health Oil of Oregano Capsules
- Elderberry Syrup
- Seeking Health Zinc Lozenge
- Anabolic Labs Zinc Lozenges
- Jarrow Formulas Zinc Balance
- Barlean's Olive Leaf Throat Spray
- Biocidin Probiotic Throat Spray/Megacidin Throat Spray
- MediHerb Echinacea
- Klaire Labs Melatonin-SR (Sustained Release)
- Standard Process Congaplex Chewables
- Orthomolecular Orthomune
- Standard Process Immuplex
- Nutri-Dyn Immune Resilience

Magnesium

- Metagenics Magnesium Citrate
- Klaire Labs Magnesium Citrate
- Klaire Labs Magnesium Complete
- Natural Vitality Natural Calm
- Natural Vitality Natural Calm Plus Calcium
- Standard Process E-Z Mg Plant-Based Magnesium Powder Packets

Liver Detoxification

- Metagenics Clear Change 10 Day Programs
- Daily Detox The People's Chemist Cinnergy

Dr. Trista's Daily Essential Supplement List for Kids (under 12)

(These recommendations are subject to change at any time.)

1. Multivitamin

- Purpose: High Quality Multivitamins provide cell and body support, maintain nervous and immune system function, energy
 regulation and helps the body to produce anti-inflammatory enzymes
- Brands We Recommend:
 - Metagenics Multi Soft Chews (with phytonutrients)
 - Nordic Naturals Nordic Berries Gummies
 - Orthomolecular Springboard SuperNutes Chewables
 - Klaire Labs Vitaspectrum Powder
 - Standard Process Catalyn Chewables
 - Seeking Health Kids Multivitamin Capsules



2. Omega 3 Fish Oil

- Purpose: High Quality Fish Oils promote overall health by supporting healthy nervous system function, cardiovascular health, blood lipids and healthy cell membrane structure
- Brands We Recommend:
 - Metagenics Metakids DHA Chewable Softgels
 - Nordic Naturals Omega Gummies
 - Orthomolecular Springboard Orthomega Pearls

3. Vitamin D3

- Purpose: High Quality Vitamin D maintains calcium balance in the body, supports healthy immune activity, bone density and
 overall health
- Brands We Recommend:
 - · Metagenics Metakids D3 Liquid
 - Nordic Naturals D3 Gummies
 - Orthomolecular Springboard Kid-D Liquid Drops

4. Probiotic

- Purpose: High Quality Probiotics enhance digestion, strengthen the gastrointestinal barrier, balance immune function and blunt inflammatory signaling in the gut
- Brands We Recommend:
 - Metagenics Metakids Probiotic Chewables
 - Nordic Naturals Probiotic Gummies
 - Klaire Labs Ther-Biotic Children's Chewable
 - Orthomolecular Springboard Flora Bites Chewable

5. Fruits and Greens (Phytonutrient) Drink

- Purpose: Phytonutrient Drinks are a nutrient-rich superfood formula designed to quench free radicals, support a healthy
 inflammatory response, boost energy, boost metabolism, increase fat-burning digestion, enhance detoxification and improve
 immunity
- Brands We Recommend:
 - Amazing Grass Kidz Superfood Powder Drink
 - Nutri-Dyn Kids Fruits & Greens

Others Worth Mentioning:

Sick Season (See Sick Season Supplement List)

- Metagenics Potent Vitamin C Chewables
- Nordic Naturals Vitamin C Gummies
- Orthomolecular Springboard ViraKid Chewables
- Standard Process Congaplex Chewables
- Standard Process Children's Immune Chewables

Constipation

• Orthomolecular Springboard Ready! Set! Go! Liquid



Dr. Trista's Daily Essential Supplement List for Infants (These recommendations are subject to change at any time.)

6. Omega 3 Fish Oil

- Purpose: High Quality Fish Oils promote overall health by supporting healthy nervous system function, cardiovascular health, blood lipids and healthy cell membrane structure
- Brands We Recommend:
 - Nordic Naturals Baby's DHA Drops
 - Nordic Naturals Baby's DHA Vegetarian Drops

7. Vitamin D3

- Purpose: High Quality Vitamin D maintains calcium balance in the body, supports healthy immune activity, bone density and overall health
- Brands We Recommend:
 - Nordic Naturals Baby's Vitamin D3 Drops (Serving Size on label is 400 IU)
 - Orthomolecular Springboard Kid-D3 Liquid Drops (Serving size on label is 400 IU)

Combo DHA & D3: Metagenics MetaKids Baby DHA & D3 Drops (Serving size on label is 100 IU)

8. Probiotic

- Purpose: High Quality Probiotics enhance digestion, strengthen the gastrointestinal barrier, balance immune function and blunt inflammatory signaling in the gut
- Brands We Recommend:
 - Metagenics Metakids Baby Probiotic Drops
 - Klaire Labs Ther-Biotic for Infants Powder
 - Seeking Health ProBiota Infant Powder
 - Nordic Naturals Baby's Nordic Flora Probiotic Powder

thribe
FAMILY
chitofractic
trista bringa DC. CACCP

Talk to Dr. Trista regarding all dosing-related questions

Dr. Trista's Supplementation for Expecting Moms: Pregnancy through the end of your nursing journey

Brands We Recommend: Metagenics Plus One Daily Prenatal Packs, Seeking Health Optimal Prenatal or Prenatal Essentials (methyl-free version available)

It is vital to choose a prenatal that does not include folic acid, but rather has folate in it as it's source. Look in the fine print and parenthesis on the label.

Congratulations!

thribe
FAMILY
chiropractic
trista bringa DC. CACCP

Dr. Trista's Supplement list for <u>Sick Season</u> These are great to have on-hand! (These recommendations are subject to change at any time.)

Purposes:

Curcumin/Turmeric: Reduce inflammation, decrease viral activity Quercetin: Decreasing viral growth, ionophore activity with zinc

Zinc: Ionophore that helps pass through cell walls, ionophore activity with quercetin, assists both innate and adaptive immune arms, helps to decrease susceptibility to viruses

NAC: Leads to production of glutathione - a heavy-duty antioxidant that supports immune function

Vitamin A: Anti-inflamatory, supports respiratory tract lining, enhances immune function

Vitamin C: Binds to immune cells and supports immune system cellular functions

Melatonin: Decreases inflammation, antioxidant, decreases cytokine storm

Elderberry: Loaded with antioxidants, vitamin C, and dietary fiber (aid in digestion), anti-inflammatory properties (anthocyanin) Colloidal Silver: Silver provides nutritional support for normal immune health

Oil of Oregano: May support the health of the gastrointestinal tract by promoting healthy gut bacterial balances and promotes intestinal cleansing

Olive Leaf Spray: An antioxidant solution to promote healthy immune function and seasonal wellness, soothing throat spray (peppermint, lemon and sage)

Echinacea: Enhance the immune system's function and response, supports upper respiratory tract

Brand Options

Adults *Pregnant women need to consult Dr. Trista before beginning any of these*

- Vitamin D3 with K2 (See Daily Essentials)
- Probiotics (See Daily Essentials)
- Metagenics Potent Vitamin C Chewables
- Seeking Health Optimal Vitamin C Plus Powder
- Ancient Nutrition Vitamin C
- Klaire Labs Vitamin C
- Lypo-Spheric Vitamin C Gel Packets
- The People's Chemist Immune FX
- Progressive Labs Colloidal Silver (20 ppm)
- Designs for Health Oil of Oregano Capsules
- Elderberry Syrup
- Seeking Health Zinc Lozenge
- Anabolic Labs Zinc Lozenges
- Jarrow Formulas Zinc Balance
- Barlean's Olive Leaf Throat Spray
- Biocidin Probiotic Throat Spray/Megacidin Throat Spray
- MediHerb Echinacea Premium
- Klaire Labs Melatonin-SR (Sustained Release)
- Standard Process Congaplex Chewables (Cataplex A-C, Thymex, Calcium Lactate, & RNA)

- Orthomolecular Orthomune (Vit C, D, Zinc, NAC, Quercetin)
- Standard Process Immuplex (Iron, Zinc, Copper, Chromium, Folate, Vit A, B6, B12, C, E)
- Nutri-Dyn Immune Resilience (Quercetin, Ginseng, Turmeric, Elderberry, Andrographis, EGCG, Resveratrol, Luteolin, Houttuynia plant)

Kids *Not for children under 3* (Talk with Dr. Trista regarding dosing)

- Vitamin D3 (See Daily Essentials)
- Probiotics (See Daily Essentials)
- Metagenics Potent Vitamin C Chewables
- Nordic Naturals Vitamin C Gummies
- Orthomolecular Springboard ViraKid Chewables (Vit A, C, Zinc, Elderberry, Astragalus)
- Standard Process Congaplex Chewables (Cataplex A-C, Thymex, Calcium Lactate, & RNA)
- Standard Process Children's Immune Chewables (Vit C, D, Zinc, Colostrum, Prebiotic)
- Elderberry Syrup (Potential Recipe: Elderberries, Water, Raw Honey, Cinnamon, Cloves, Ginger)
- Anabolic Labs Zinc Lozenges
- Barlean's Olive Leaf Throat Spray

Covid-Specific Supplements with Dosages: (Adult only)

Zinc Lozenge 30-60 mg divided doses Vit D3 5000 IU daily Vit C 1000 mg AM, Lunch, PM daily Elderberry 500 mg daily Curcumin (turmeric) 500-1000 mg 2x daily

Resveratrol 100-150 mg 2x daily Quercetin Regular 1000 mg 2x daily OR phytosome 500 mg 2x daily Vitamin A 10,000-25,000 IU daily *Not for pregnant moms* N-Acetyl Cysteine (NAC) 600-900 mg 2x daily Melatonin 5-20 mg at bedtime daily