

## SUPPLEMENTS

### Coconut oil

- Barlean's, Coconut Oil, 32 oz

### Eucalyptus oil

- Integrative Therapeutics, Soledum, 60 Softgels

### Fenugreek

- Metagenics, Fenugreek Plus, 60 Capsules

### Flax oil

- Barlean's, Total Omega 3-6-9, Orange Cream, 16 fl oz
- Barlean's, Flax Oil, 16 oz (473 ml)
- Now Foods, Flax Seeds, 1 lb.

### Folic acid

- Integrative Therapeutics, Foliplex with B-12, Raspberry, 60 Chewable Tablets
- Now Foods, Liquid Multi Wild Berry, 16 fl oz

### Garlic

- Gaia Herbs/Professional Solutions, Gaia Kids, Ear Drops, 1 fl oz

### Ginger

- Integrative Therapeutics, GingerMax, 90 Softgels

### Iron

- Douglas Labs, Time Released Iron, 90 Tablets
- Metagenics, Ultracare for Kids Medical Food (Vanilla Flavor), 1 lb. 6.2oz. (630 g). Has iron

### Magnesium

- Allergy Research Group, Magnesium Citrate, 90 Vegetarian Caps
- Douglas Labs, Cal-6+Mg, 250 Tablets
- Integrative Therapeutics, Magnesium Glycinate Plus, 120 Tablets
- Metagenics, Mag Citrate, 120 Tablets

### Multi-vita (infant and children)

- Allergy Research Group, Children's Multi-Vi-Min, 150 Vegetarian Caps
- Metagenics, OmegaGenics DHA Children's, Tutti-Frutti Flavor, 120 Softgels
- Nordic Naturals, Nordic Berries, Multivitamin Treats, 200 Gummy Berries
- Nordic Naturals, Nordic Omega-3 Gummies Tangerine Treats, 60 Gummies
- Nordic Naturals, Nordic Omega-3 Gummy Fish, Tangerine Treats, 30 Gummy Fish
- Douglas Labs, Ultra Preventive Kids Grape, 60 Chewable Tablets

### Prenatal

- Integrative Therapeutics, Prenatal Forte, 180 Tablets
- Metagenics, Wellness Essentials Pregnancy, 30 Packet Container

### Probiotics

- Nordic Naturals, Nordic Probiotic, 60 Capsules
- Metagenics, UltraFlora Children's, 60 Chewable Tablets
- NOW Foods Probiotic-10, 25 Billion
- Integrative Therapeutics, Children's Probiotic Pearls, 30 Capsules

### Peppermint

- Now Foods, Peppermint Gels, 90 Softgels

### Triphala

- Gaia Herbs/Professional Solutions, Daily Cleanse Fiber, 270 g
- Integrative Therapeutics, Blue Heron, 120 Capsules

### Turmeric

- Integrative Therapeutics, Theracurmin, 600mg, 45 Veg Capsules

### Vit c

- Ecological Formulas/Cardiovascular Research, Vitamin C-1000 from Tapioca, 90 Capsules

### Vit D

- Nordic Naturals, Vitamin D3 Gummies, 60 count