

SUPPLEMENTS.



Supplements

Supplements can be used to support hormone function along side an effective lifestyle program. Alone they will have little benefit but when combined they can really help.

The list provided covers options we use with clients. Before taking any supplements, speak with your medical advisor.

Omega 3

<https://pubmed.ncbi.nlm.nih.gov/33221700/>

Vitamin D

<https://pubmed.ncbi.nlm.nih.gov/21154195/>

ZMA

<https://www.webmd.com/vitamins-and-supplements/zma-supplements>

Ashwagandha

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3136684/>

Optional extras

Selenium

Support hormone function and mood

Chromium

Support blood sugar levels

Glycine

Sleep quality

Purchase links

UK - Amazon

Omega 3
Vitamin D
Ashwagandha
ZMA
Selenium
Glycine
Chromium

US - Amazon

Omega 3
Vitamin D
Ashwagandha
ZMA
Selenium
Glycine
Chromium