

Women

So many options for women at different stages...these are just to cover the tip, keep up with our blog and even become a site member. We cover so many topics and continue to learn together.

Note: Food based vitamins are always best!

No particular order of importance:

1. Berberine
2. Collagen
3. Glycine (best sleep aid for adults)
4. Glutathione
5. Magnesium
6. Methyl folate
7. Probiotic
8. Taurine
9. Ubiquinol (higher form of CoQ10)
10. Vit(s) A, E, C, B complex (esp. B1, B3, B6, B12), D3, K2