

Nourish:

21 Days of Clean Eating

SUPPLEMENT GUIDE



Supplements are optional and not required to achieve the benefits of this program. They are suggested only as extra support for overall wellness, digestive issues and to facilitate detox. I use and recommend professional grade supplements. You can purchase the supplements I recommend below via my **ONLINE DISPENSARY HERE**.

How to Order Supplements:

1. Create an account by **CLICKING HERE**
2. Click the tag 21 Day Nourish Recommendations category
3. Add recommendations to cart and choose what you'd like to purchase

DIGESTIVE ENZYMES: Taken WITH your meals, digestive enzymes give your GI tract a jumpstart on digestion, making food easier to breakdown and nutrients easier to absorb.

PROBIOTICS: Essential for optimal digestion of food and absorption of nutrients. Helps your body make vitamins and absorb minerals, and aids in the elimination of toxins. Taken on an empty stomach, these are strain specific so I can't help you choose the best one!

OMEGA 3: Fish oil is anti-inflammatory, brain boosting and heart supportive. Especially important if you don't eat salmon or other fatty fish regularly.

MAGNESIUM: There are several different types of magnesium supplements. Choose the one that best meets your needs:

Magnesium Citrate: This form is best for constipation. Take up to 600 mg twice daily until you achieve loose stools, then dial back to the lowest dose that allows for normal bowel movements.

Magnesium Glycinate: Take glycinate to drive up body stores. It's also the form that relaxes muscles and produces calming response. Take 600-1200 mg daily before bed to induce sleep, to relieve restless leg syndrome, and to relieve migraines and muscular tension, especially for women who get headaches around their periods.

Magnesium Malate: Take 300-600 mg per day to increase energy levels. Don't take at night as it may affect sleep.

PROTEIN POWDER & GREENS POWDER: Plant-based protein powder is an optional add-in for your smoothies. Green powders consist of dehydrated greens and other ingredients and can be added to your smoothie or taken by themselves with nut milk or coconut water. For brand recommendations, check the Greens & Protein Powder tab in my dispensary.

SYMPTOM-RELIEF SUPPLEMENTS: The following supplements may help with any symptoms you may be having as you transition to cleaner eating. Click the category tab called 21-Day Nourish Symptom Relief to add any of these supplements to your cart.

FOR BLOATING AND GAS:
Digestive Enzymes
Probiotic

FOR HEADACHE:
Vitamin C (up to 1200 mg)
Magnesium glycinate

FOR CONSTIPATION:
Magnesium citrate

CREATE YOUR OWN APOTHECARY

Use the following two charts to create your own personal supplement schedule. Using my ***ONLINE DISPENSARY****, choose the supplements that make the most sense for your own personal needs.*

Click the "Catalog" and then select "Danielle Omar's Dispensary Favorites." Start with the Nourish 21 Recommendations category, then check the other categories, as labeled in the chart below.

Nourish 21 Supplement Recommendations

Digestion/Gut Health	Stress/Mood	Detox	Inflammation	Sleep	General Health
Probiotics: Ideal Bowel Support *Jarrow* Probiotic-5 *Pure Encapsulations* Saccharomyces Boulardii + MOS *Jarrow*	**Adaptogens:** Adrenal Response *Innate* Daily Stress Formula *Pure Encapsulations* Adaptogen Performance Gaia	Theracurmin HP *Integrative Therapeutics*	**Omega 3/DHA:** EPA/DHA Essentials *Pure Encapsulations* Algae Omega (vegan) *Nordic Naturals*	Liquid Melatonin *Pure Encapsulations* **OR** Melatonin ER *Pure Encapsulations*	**Omega 3/DHA:** Algae Omega (vegan) *Nordic Naturals* **OR** EPA/DHA Essentials *Pure Encapsulations*
Digestive Enzymes Ultra *Pure Encapsulations*	Anxiety Soother *Herb Pharm*	LVR Formula *Pure Encapsulations*	Curcuma NF-kB Turmeric Supreme *Gaia*	Best-Rest Formula *Pure Encapsulations*	Probiotic-5 *Pure Encapsulations*
GI Revive *Designs for Health*	SeroSyn *Metagenics*	UltraDetox 10-Day Pure Pack *Pure*	Arthroben (joint inflammation & pain) *Designs for Health*	Magnesium Glycinate Liquid *Pure Encapsulations*	PureLean Fiber *Pure Encapsulations*
PureLean Fiber *Pure Encapsulations* **OR** MetaFiber *Metagenics*	Magnesium (Glycinate) *Pure Encapsulations* **OR** Magnesium Glycinate Liquid *Pure Encapsulations*	Amino-D-Tox *Designs for Health*			Magnesium (Glycinate) *Pure Encapsulations* **OR** Magnesium Glycinate Liquid *Pure Encapsulations*
GastroMend-HP *Designs for Health*	Astragalus Supreme *Gaia*	DIM Detox *Pure Encapsulations*			Vitamin D *Pure Encapsulations*
Magnesium (Citrate) *Pure Encapsulations*					

*Using the chart above and my **ONLINE DISPENSARY,** list the supplements you selected below, in the left column. Then write the amount that you plan to take under the correct time of day. Use the label directions for dosing!*

My Supplement Schedule

My Supplements	Before Breakfast	At breakfast	Mid-morning	At Lunch	Mid-afternoon	At Dinner	Before Bed