

From: Amber Croft amber.croft.82@gmail.com
Subject: Amber Croft - supplements
Date: 3 March 2025 at 9:30 am
To: Julie Landon julie@julielandonnutrition.com

AC

Hello Julie

As promised, please find outlined below a list of the supplements I take daily.

AM vitamins

2 x caps of BioCeuticals UltraClean EPA/DHA Plus

Purpose: Recommended by my remedial masseuse/naturopath to ease inflammation for my back. Second recommendation from beautician for skin issues.

https://www.chemistwarehouse.com.au/buy/97969/bioceuticals-ultraclean-epa-dha-plus-240-capsules?gad_source=1&gclid=Cj0KCQiAoJC-BhCSARIsAPhdShQlqKPiEjmifQxOOpzTTXlZJZIVfUotQsnzLtDq5LHvUTC-rtZv84aAo3aEALw_wcB

1 x tab of Nature's Own Vitamin B3 Nicotinamide

Purpose: Recommended from two separate surgeons following separate skin cancer surgeries.

https://www.chemistwarehouse.com.au/buy/124296/nature-s-own-vitamin-b3-500mg-120-tablets?gad_source=1&gclid=Cj0KCQiAoJC-BhCSARIsAPhdShpbIBZ1gyEz3-YKQtqN7VVKV88IMNNneD8tng-F7JQEMb6N_wT_waAqmuEALw_wcB

PM vitamins

2 x caps of BioCeuticals UltraClean EPA/DHA Plus

Purpose: See above.

2 x caps of Doterra Turmeric DuoCap

Purpose: Recommended by naturopath to reduce inflammation for my back.

https://www.doterra.com/AU/en_AU/p/turmeric-oil-capsules

1 x scoop of BioCeuticals Ultra Muscleze Night

Purpose: Recommended by naturopath and also from personal trainer (at the time) for muscle repair and back pain.

https://www.chemistwarehouse.com.au/buy/112606/bioceuticals-ultra-muscleze-night-400g?gad_source=1&gclid=Cj0KCQiAoJC-BhCSARIsAPhdSgwtY5UXQmwn31I766lOh14hUnCh-bNGYUweHnFuv0Duu2s5JDgEM0aAIQREALw_wcB

1/4 tsp of Roogenic Kakadu Plum

Purpose: Replaced generic branded vitamin C vitamins for this natural alternative.

https://roogenic.com.au/products/kakaduplum?srsId=AfmBOqgchJgYvlljOsZhERbQcPby9rMMRZolIKQm4Il_ziPeoP1FGKD4r

1 teabag of Roogenic Native Sleep

Purpose: Puts me to sleep at night.

<https://roogenic.com.au/products/native-sleep-tea?pos=1&sid=12024dd38&ss=r>

1 x contraceptive pill Norimin

Purpose: I like to have a cycle scheduled like clockwork.

<https://www.nps.org.au/medicine-finder/norimin-28-day-tablets>

Thanks Julie, looking forward to meeting up again next week.

From Amber