

David Werdiger

- Fish Oil
Green Nutritionals Omega 3
DHA 255 | EPA 127.5
From Marine microalgae

- Vitamin D
Bioceuticals Vegan D3 Spray

Probiotics

- Spectrumceuticals Probiosis-5

B + C Vitamins

- Metagenics HPA Essentials
Calcium pantothenate (Vitamin B5)
Calcium ascorbate dihydrate (Vitamin C)
Citrus bioflavonoids extract (Hesperidin)
Thiamine hydrochloride (Vitamin B1)
Nicotinamide (Vitamin B3)
Pyridoxal 5-phosphate monohydrate (P5P)
Riboflavin 5-phosphate sodium (Activated B2)
Biotin
Levomefolate calcium (Activated folate)
Co-methylcobalamin (Vitamin B12)