

## *Keto Lifestyle For Women Additional Nutritional Support Guide*

Additional support may be needed as you transition into a Keto Lifestyle. Below are some general recommendations and basically a guide. Blood tests, GI testing and hormone testing are the best guidelines for specific nutrient requirements. These are available on our website store [link](#).

### **General Support**

Ortho Molecular Products Vitamin K2 with D3 – bone support

MetaGenics OmegaGenics EPA-DHA 720 – supports healthy blood lipids, cardiovascular health, a positive mood and overall health

Designs for Health Digestzymes - Digestive enzymes to support the digestive process

### **Adrenal Body Type**

Herb Pharm/ Aviva Romm MD Adrena soothe – calming adaptogen blend replenishes & restores adrenals

Trace Minerals Research Trace Minerals Tablets - contains 72 full spectrum ionic trace minerals

### **Liver Body Type**

Designs for Health Digestzymes - Digestive enzymes to support the digestive process

Gall bladder/liver

Amazing Grass Wheat Grass - detoxing cleansing, full of antioxidants, amino acids, enzymes

### **Thyroid Type**

Pure Encapsulations Thyroid Support Complex – general thyroid support

Amazing Grass Wheat Grass- detoxing cleansing, full of antioxidants, amino acids, enzymes

Designs For Health BroccoProtect -This compound targets biological pathways that allow for full and proper detoxification.

### **Ovarian Type**

Designs For Health Fem Guard Balance - herbal hormone balance

Designs For Health BroccoProtect -This compound targets biological pathways that allow for full and proper detoxification.

Amazing Grass Wheat Grass- detoxing cleansing, full of antioxidants, amino acids, enzymes