



# MY TOP SUPPLEMENTS

Although every individual should take supplements based on their unique needs - here are MY top supplements and how to take them. When you subscribe to [divinecarenow.com](https://divinecarenow.com) you gain access to my vitamin dispensary!



**danikawatsonnp**

## ADAPTOGEN SUPPORT

This unique blend of nutrients, herbs and adaptogens, supports normal adrenal function during occasional stress and fatigue.



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## B- VITAMINS

This very powerful B vitamin combination formula supplies most of the B vitamins in their coenzymated forms, so the body does not have to phosphorylate them in order to be used in biochemical reactions. This formula also includes TMG and choline to support methylation



## DIGESTIVE ENZYMES

Digestzymes™ is comprised of a proprietary blend of digestive enzymes along with betaine HCl to support the optimal digestion of proteins, fats, and carbohydrates. The use of Digestzymes™ before meals may be helpful for patients who experience gas and bloating after eating, occasional constipation, or a feeling of fullness after eating only a small quantity of food.



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## OMEGAS

Orthomega® 820 is a high-concentration fish oil sourced from waters off the Chilean coast. Orthomega® provides 820 mg of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) as well as 50 mg of docosapentaemoic acid (DPA) per soft gel as natural triglycerides, the preferred form with superior absorption. Vitamin E and rosemary extract are used to ensure maximum purity and freshness.



## MAGNESIUM

Provides a combination of popular magnesium forms  
May help support healthy energy production  
May help support bone and muscular health along with a healthy diet rich in calcium and other minerals  
May help support a healthy nervous system





## GUT ISSUES?

subscribe here to work with me.

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# How to take your Supplements

	w/food	AM	Afternoon	PM
Cortisol Support		✓	✓	
B Vitamins	✓	✓	✓	
Digestive Enzyme	✓			
Omegas	✓			
Magnesium		✓		✓

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