



Key Nutrients (Education Only)

Vitamin D3

Vitamin D functions more like a hormone than a vitamin, influencing immune regulation, mood, inflammation, and bone health. Adequate levels are associated with improved immune balance and nervous system health.

Vitamin K2

Vitamin K2 helps guide calcium to appropriate tissues such as bones and away from arteries, supporting cardiovascular and skeletal health when paired appropriately with vitamin D.

Omega-3 Fatty Acids

Omega-3s support:

- Brain and nervous system function
- Gut integrity and inflammation regulation
- Cellular membrane health

They play a role in both cognitive clarity and inflammatory balance.

B Vitamins (Including B12)

B vitamins support:

- Energy production
- Nervous system signaling
- Stress resilience
- Methylation and detox pathways

Deficiencies can contribute to fatigue, brain fog, mood changes, and nervous system strain.

Gut Health: The Foundation

Digestive and gut health directly influence inflammation, immunity, and detoxification.

Supports may include:

- **Probiotics (gut microbiome support)**
- **Digestive enzymes (support digestion and nutrient absorption)**
- **Diet and lifestyle factors that support gut integrity**

CoQ10

Coenzyme Q10 supports cellular energy production (mitochondrial function) and is often discussed in relation to fatigue, cardiovascular health, and recovery—particularly during periods of stress or inflammation.



Important Clinical Note

Nutrient needs are individualized. Blood work, medical evaluation, and professional guidance are essential before supplement use, particularly for autoimmune conditions, cardiovascular concerns, or chronic illness.

Educational content only. Supplement use should be guided by a licensed medical provider and appropriate lab testing.