

# Full Potential Recommended Supplements for all Patients

## Omega 3 Fatty Acid Intake

- There are thousands of scientific references showing the necessity and benefit of consumption of sufficient amounts of Omega-3 essential fatty acids (EFAs) found in fish and in pharmaceutical-grade fish oil supplements.
- Research indicates that sufficient intake of Omega-3 fatty acids is important for heart health, blood sugar regulation, brain health, emotional health, bone health, digestive health, immune health and cancer prevention.
- This is because omega-3 fatty acids are essential nutrients that all humans require in sufficient amounts for health and the prevention of illness.
- The typical North American diet is severely deficient in Omega-3 fatty acids and severely toxic with over consumption of inflammatory omega-6 fatty acids. In fact, researchers believe that the majority of Americans have so little omega-3 in their bodies that test methods cannot even detect it.
- Research indicates that deficient intake of omega-3 fatty acids is a causal factor in many illnesses including cancer, heart disease, depression, ADHD, diabetes, obesity, digestive problems, osteoporosis, skin problems, vision problems and even developmental delays in newborns.
- For most people omega-6 polyunsaturated fatty acid intake is now roughly 11 times that of omega-3. For health and the prevention of illness this ratio should be closer to 1:1.
- Omega-6 polyunsaturated fatty acids may act as promoters in the development of inflammation and cancer, whereas omega-3 fatty acids are anti-inflammatory and preventative for not only cancer but many other illnesses such as heart disease, diabetes and obesity.
- Adults: 1-2 teaspoons (4-8 capsules)  
Children: 1/2 teaspoon (2 capsules) for every 40 pounds of body weight.

## Vitamin D Intake

- There is absolutely no debating the fact that most people living in industrial society have deficient levels of vitamin D. Very few people get the 20 minutes per day of bare skin sun exposure (no clothing or sunscreen lotion) required for sufficiency.
- Being deficient in vitamin D is a significant causal factor in the following: cancer, heart disease, multiple sclerosis, inflammation, depression, colds and flu, decreased immune function, autism, asthma, autoimmune diabetes, allergies, bone loss, chronic pain, loss of athletic performance, and premature aging due to decreased ability to repair DNA telomeres.
- Vitamin D deficiency is a causal factor in so many diverse health problems because vitamin D is an essential nutrient that all humans require in sufficient amounts for health and the prevention of illness.
- Vitamin D-sensitive cancers were responsible for 257,000 deaths (46% of all cancer deaths in U.S. in 2007).
- Patients with clinical depression given vitamin D supplements had significantly enhanced moods and reduction of negative symptoms.
- Research indicates that vitamin D deficiency should be considered in all patients with chronic pain, muscle weakness or fatigue, fibromyalgia, or chronic fatigue syndrome.
- Vitamin D supplementation reduced the incidence of cold and flu by almost 100% (only one in 104 subjects developed cold or flu over the winter months).
- In a study of chronic back pain patients symptoms significantly improved in 100% of the patients who were low in vitamin D and received supplementation.
- Adults: 5000 IUs per day (10 drops)  
Children: 1000 IUs per day (2 drops) for every 40 pounds of body weight.

## Probiotic Intake

- Probiotics are bacteria that live in the human intestinal tract that provide essential biological benefit. Probiotics are essential nutrients; they are required for health and the prevention of illness. Probiotics represent 80% of the immune system. These healthy bacteria prevent overgrowth by unhealthy disease-causing bacteria, viruses, and yeast and they also produce vitamins and nutrients such as short chain fatty acids.
- When present in sufficient amounts, probiotics in your intestine actually produce biologically significant amounts of vitamins such as thiamine (B1), folic acid, nicotinic acid (B3), pyridoxine (B6) and vitamin B12.
- Deficiencies in probiotic bacteria have been linked to greater risk of severe conditions/illnesses throughout life, including the following: diarrhea, candida, digestive disorders, immune deficiency, allergies, asthma, eczema, dermatitis, vitamin deficiency, systemic infections, high cholesterol levels, cancers, heart disease, bladder infections, depression, and decreased overall health and vitality.
- The average daily consumption of probiotic bacteria is now a million times less in industrial society and supplementation is now a requirement to establish and maintain sufficiency levels.
- Adults: 2 capsules per day with a meal (start with 1 capsule per day for first two weeks as symptoms can occur as unhealthy bacteria and yeast die off)  
Children: 1/2 capsule per 40 pounds of body weight.

## Greens Powder Intake (Optional)

- Research indicates that the Standard North American Diet of high sugars, fast foods, stress, medications, and lack of exercise can contribute to make the body more acidic. Research indicates that yeast, bacteria, viruses and cancer thrive in an acidic environment.
- A diet high in fruits and vegetables alkalizes the body and foreign bacteria, yeast, viruses and cancer cannot live.
- The North American diet is severely deficient in fruits and vegetables, where most Canadians are not getting the recommended daily amount of 7-13 servings.
- **That's where Greens First can help!** **Greens First** is the best tasting complete and Non-GMO phytonutrient and antioxidant supplement that works synergistically in your body providing 49 different super foods, extracts and concentrates so you can be sure you are getting important nutrients that your body needs every day!
- Greens First is a whole food supplement that provides 15+ servings of organic fruits and vegetables. The best way to get our nutrients is through whole foods and not synthetic multivitamins. If you are taking Greens First, you DO NOT need a multivitamin.
- Adults and Children: 1 scoop per day