



BASIC NUTRITIONAL GROUNDWORK

A NOTE FROM DR. AMY

THESE SUPPORTS ARE FOR YOUR CONSIDERATION. AS ALWAYS, WORK WITH AND DEFER TO YOUR DOCTOR.

A NOTE FROM DR. AMY

THE VALUE OF ADDING EACH COMPONENT FOR METHYLATION INDIVIDUALLY IS THAT YOU CAN TAILOR EACH DOSE AS TOLERATED TO CUSTOMIZE YOUR PERSONAL SUPPORT, AS WE ARE ALL SPECIAL AND UNIQUE. THIS IS A MAJOR ADVANTAGE OVER PRE-MADE COMPOUNDED SUPPORTS FOR METHYLATION.

STARTING DOZEN (STEP ONE SUPPORT)

- All in One™ Multi-Vitamin / Mineral capsules
- A1298C+ MTHFR Liver Support capsules
- Ultimate B™ Complex capsules
- Zinc lozenges
- Special Digestive Enzymes (SDE) capsules
- BeCalm™ Glutamate/GABA spray
- Vita D-Light™ spray or Vitamin D-3 softgels
- Cell Food drops
- Bio-Nativus Concentrated Trace Mineral Drop Complex
- Inflammatory Pathway Support™ capsules
- General Support Nucleotide Blend
- Vitamin C
 - Vitamin C-500 with Rose Hips tablets
 - Vitamin C-1000 with Rose Hips tablets
 - Vitamin C in Orange Chewable C tablets

SUPPORT FOR B12 TRANSPORT

- Methyl MAX™ capsules
- Folinic +™ capsules
- CBS / NOS - Kidney Support capsules
- ACAT / BHMT Fatty Acid Digestion & Energy Conversion capsules
- Intrinsic B12/Folate tablets
- ATP tablets
- Lithium Orotate capsules (work with your doctor)
- Lithium drops (work with your doctor)

BASIC METHYLATION SUPPORT (STEP TWO SUPPORT)

WORK ON GETTING LITHIUM IN BALANCE WHILE WORKING ON BASIC METHYLATION

- All in One™ Multi-Vitamin / Mineral capsules
- Black Bear Energy spray
- BeCalm™ Glutamate/GABA spray
- PS/PE/PC
 - Phosphatidyl Serine Complex (PS/PE/PC) softgels
 - Pedi-Active Phosphatidylserine / DMAE chewable tablets
 - Phosphatidylserine (soyfree) softgels
- DHA Neuromins softgels
- Methylation Support Nucleotide Blend
- SAM-e + Ultimate B™ Complex capsules (as tolerated)
 - SAM-e tablets
 - SAM-e S-Adenosyl-Methionine Enteric Coated tablets
- Bio-Nativus Concentrated Trace Mineral Drop Complex

FULL METHYLATION SUPPORT (STEP TWO SUPPORT)

ONCE LITHIUM IS IN BALANCE

+ In addition to Basic Methylation Support List

- Methyl Folate 5-MTHF™ drops
- Folinic +™ capsules
- B12 support options (use one or more sources)
 - Get B12™ spray
 - B12 patch
 - B12 gum
 - Hydroxy B12 MegaDrops™
 - Methyl B12 MegaDrops™
 - Black Bear Energy spray
 - Perque Activated B-12 Guard lozenges
 - Adenosyl (Dibenzocoid) B12 tablets
 - Hydroxy B12 lozenges
 - Methyl-Cobalamin (B12) lozenges



FEEL GOOD about your health!

READ DR. AMY'S BOOKS ONLINE FOR FREE:

www.FeelGoodNUTRIGENOMICS.com

www.FeelGoodSUPPS.com

www.FeelGoodBIOCHEM.com

www.FeelGoodNUCLEOTIDES.com

FOR MORE INFORMATION ON EACH SUPPLEMENT PLEASE VISIT

www.FEELGOODSUPPS.com

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