



# BASIC NUTRITIONAL GROUNDWORK

**A NOTE FROM DR. AMY**

THESE SUPPORTS ARE FOR YOUR CONSIDERATION. AS ALWAYS, CONSULT WITH YOUR HEALTH CARE PROFESSIONAL.

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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
- MTHFR A1298C + Liver Support capsules
- Ultimate B™ Complex capsules
- Zinc lozenges
- Special Digestive Enzymes (SDE) capsules
- BeCalm™ 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 options:
  - 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
- Lith-Oro (Lithium Orotate) (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™ spray
- PS/PE/PC options:
  - Phosphatidyl Serine Complex (PS/PE/PC) softgels
  - Pedi-Active Phosphatidylserine / DMAE chewable tablets
  - Phosphatidylserine (soyfree) softgels
- DHA options:
  - DHA Neuromins softgels
  - DHA softgels
- Methylation Support Nucleotide Blend
- Ultimate B™ Complex capsules along with SAM-e options (as tolerated)
  - SAM-e tablets
  - SAM-e S-Adenosyl-Methionine Enteric Coated tablets
  - SAM-e liquid

## FULL METHYLATION SUPPORT (STEP TWO SUPPORT)

### ONCE LITHIUM IS IN BALANCE

#### + In addition to Basic Methylation Support List

- Methyl Folate 5-MTHF MegaDrops™
- 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 B12 MegaDrops™
  - Hydroxy B12 lozenges
  - Methyl-Cobalamin (B12) lozenges



**FEEL GOOD** about your health!

READ DR. AMY'S BOOKS ONLINE FOR FREE:

[www.FeelGoodNUTRIGENOMICS.com](http://www.FeelGoodNUTRIGENOMICS.com)

[www.FeelGoodSUPPS.com](http://www.FeelGoodSUPPS.com)

[www.FeelGoodBIOCHEM.com](http://www.FeelGoodBIOCHEM.com)

[www.FeelGoodNUCLEOTIDES.com](http://www.FeelGoodNUCLEOTIDES.com)

FOR MORE INFORMATION ON EACH SUPPLEMENT PLEASE VISIT

[www.FEELGOODSUPPS.com](http://www.FEELGOODSUPPS.com)

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