



## PURE

Supplement	Name	Brand	Dosage
Vegan B12	Methyl B12	Ortho Molecular	1tablets once daily
Omegas	Flaxseed Oil	Ortho Molecular	1softgel three times daily
Probiotic	Ortho Biotic	Ortho Molecular	1capsule daily
Digestive Enzyme	Digestzyme-V	Ortho Molecular	1capsule three times daily with meals
Antioxidant	Liposomal Glutathione	Readisorb	1tsp twice daily