

21 DAY TRANSFORMATIONAL NUTRITION CLEANSE®

Suggested Supplements

Supplements can be a great way to complement a healthy diet and lifestyle. Below are some of the most common that will support you in the 21-Day Transformational Nutrition Cleanse. You will also find some favorites included from the leading supplement company, Designs For Health (DFH).

Please note that these are only suggestions and your specific life stage, health, and unique situation must be taken into consideration before choosing supplements. In addition, it is very important to never begin or end a supplement regimen without first consulting your doctor.

Protein Powder

Adding a good protein powder to your diet can have a ton of benefit. It can be used in a shake for post-workout recovery or as a meal replacement. They also can be loaded with other nutrients like fiber and essential fatty acids and are simple and easy to use for busy schedules.

Which one's are best? It depends on your style! Plant based varieties like hemp/pea blends are great for packing in the nutrients and keeping you feeling full. Whey is another popular choice, and when minimally processed, high quality whey is used it contains many regenerative and immune-boosting components.

Some favorites include:

DFH PurePea™ Vanilla

DFH PaleoMeal® Dairy Free Chocolate

DFH PaleoMeal® Powder Vanilla

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Digestive Enzymes

These super important supplements aid in healthy digestion and weight loss by helping the body break down and eliminate food properly. They also are great for gas, bloating, and constipation.

Which one's are best? All enzymes end in -ase so look for names like amylase, lactase, lipase, protease, and cellulase to ensure you're getting the good stuff.

Some favorites include:

DFH Plant Enzyme Digestive Formula

DFH Digestzymes™

Multivitamin/mineral

These make up the foundation of most dietary supplement programs. It provides a great insurance policy to make up for any areas you may be lacking through diet alone.

Which one's are best? The one-a-day varieties are nice for convenience, but the ones designed to be taken in multiple doses throughout the day tend to be absorbed better. Multi's derived from food sources versus synthetic blends are always a better choice. Also be aware of added fillers and binders, artificial colors and flavors, preservatives, and other unwanted ingredients.

Some favorites include:

DFH Complete Multi™

DFH Twice Daily Multi™ 240 vegetarian capsules

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Probiotics

Probiotics are the awesome little bugs that take healthy digestion to a whole new level. They are what keep a beautiful balance within your gut and without them you may not be digesting and absorbing nutrients properly. Studies have shown that probiotics can lead to better digestion, a faster metabolism, and increased weight loss! There are a ton of yummy food sources such as fermented foods, miso, tempeh, and kombucha (to name a few!), but if these aren't a regular part of your diet, then supplements are the way to go. First thing in the morning or before bed on an empty stomach is when they do their best work!

Which one's are best? There are literally thousands of choices when shopping for probiotics. All of them claiming to be better than the other and constantly trying to outnumber each other with the amount of live bacteria in their formula. However, 10 billion is a sufficient amount for the average person. In addition, always look for the superstars, *lactobacillus* and *bifidobacterium*.

Refrigerated or non? It's not always necessary depending on what's in the bottle. Most new varieties are created to be shelf stable. An easy rule to follow is... if you buy them cold, keep them cold!

Some favorites include:

DFH Probiotic Synergy™

DFH Probiotic Supreme™