

## Dr. Davis Infinite Health Lifestyle: Recommended Supplements

### Links to supplements that have been approved by Dr. Davis

Please note: there are several options that are compliant, we just selected ones to feature

- Vitamin D3, 4000 – 8000 IUs suggested per day – take in the morning. Ideally have your Vitamin D status measured in a 25-hydroxy Vitamin D test (aim for 60 to 70 ng/mL.) Use an oil-based gel cap or liquid. See pages 69 -70 in the Wheat Belly 10 Day Grain Detox book or 272-278 in the Undoctored book for more information.



<https://www.nowfoods.com/products/supplements/vitamin-d-3-5000-iu-softgels>

- Fish Oil, 3000 to 3600 per day (add together the amount of EPA and DHA) – There are liquid and capsule options available. See pages 72 – 74 in the Detox book or Pages 287-290 in the Undoctored book for more information.

<https://innovixlabs.com/products/triple-strength-omega-3>

[https://www.amazon.com/Carlson-Elite-Omega-3-Norwegian-Omega-3s/dp/B06XSLW9PY?ref=ast\\_sto\\_dp&th=1&psc=1](https://www.amazon.com/Carlson-Elite-Omega-3-Norwegian-Omega-3s/dp/B06XSLW9PY?ref=ast_sto_dp&th=1&psc=1)



- Magnesium: Aim for 400-500 mg (elemental magnesium). See pages 71-72 in the Detox book or pages 292-295 and 351-352 in the Undoctored book for more information. Note about Magnesium water: milk of magnesia without sodium hypochlorite (bleach) in the inactive ingredients list has been really hard to find. Other options include:



- Magnesium Hydroxide: Mix 1 tsp with a few Tbsp of plain, uncarbonated filtered water. You are creating a slurry the consistency of original MOM. Pour into 2-liter seltzer bottle, just like we did with the MOM, recap & shake and refrigerate. NOTE: use 1/2 tsp for 1 liter bottle. Making the slurry is key. "Start by drinking 4 ounces twice per day. Work to 8 ounces twice or even three times per day. Just be aware that this has potential to cause loose stools, so build up to this dose over time.

<https://www.bulksupplements.com/products/magnesium-hydroxide-powder>

- Magnesium Glycinate/Malate: InnovixLabs = Take four per day, spread out.

<https://innovixlabs.com/products/advanced-magnesium>

- Source Naturals Magnesium Malate: 3 tablets or 6 capsules, spread out

<https://www.sourcenaturals.com/products/GP1204>

- Magnesium Citrate: 400 mg spread out throughout the day. Note this form may produce a modest laxative effect.



- Iodine, 350 - 500 mcg per day. Do not take the same time as probiotics. See pages 74 – 77 in the Detox book or pages 278-287 for more information.

<https://www.naturesway.com/products/kelp>



- ProBiotics – 50 billion or more CFU's with at least a dozen strains: one per day for the first 6 weeks (longer may be necessary). Take separate from iodine. See pages 65 – 68 in Detox book or 254-257 in the Undoctored book for more details.

<https://www.unitednaturals.com/products/synbiotic-365-advanced-probiotic-formula?variant=8427086676023>

<https://www.renewlife.com/ultimate-flora-extra-care-probiotic-50-billion>

