

# index of common conditions

Find out which supplements to take for whatever ails you

## A-C

### AGING

Antioxidants, fish oil, CoQ10, magnesium, probiotics

### ALLERGIES

Stinging nettle, quercetin

### ANXIETY

5-HTP, L-theanine, GABA

### APPETITE CONTROL

5-HTP, chromium, fiber

### ARTHRITIS

Boswellia, glucosamine and chondroitin, GLA, omega-3 fatty acids

### BITES AND STINGS

Aloe, calendula, and/or tea tree cream or gel, stinging nettle, *Apis mellifica*

### BLOOD PRESSURE

CoQ10, garlic, L-arginine, magnesium

### BLOOD SUGAR CONTROL

Biotin, chromium, fiber, garlic, Pycnogenol

### BONE HEALTH

Calcium, magnesium, vitamin D, vitamin K, strontium

### BRAIN HEALTH

Carnitine, DHA (an omega-3 fatty acid), ginkgo, L-theanine, vinpocetine

### CANCER PREVENTION

Antioxidants, folic acid, lycopene, magnesium, vitamin D

### CHOLESTEROL CONTROL

Guggul (an Ayurvedic herb), fiber, garlic, niacin, red yeast rice

### COLDS AND FLU

Andrographis, garlic, echinacea,

goldenseal, Oscillocochinum (a homeopathic formula), probiotics, zinc

### CONSTIPATION

Flaxseeds, magnesium, senna

## D-F

### DEPRESSION/MOOD IMPROVEMENT

5-HTP, fish oil, St. John's wort, L-theanine, magnesium, vitamin D

### DIABETES PREVENTION AND CONTROL

Fenugreek, biotin, chromium, fish oil, flaxseed oil, garlic, GLA, magnesium, probiotics, Pycnogenol, vitamin D

### DIGESTIVE HEALTH

Digestive enzymes, fiber, garlic, turmeric, fennel, probiotics

### EXERCISE SUPPORT

B vitamins, carnitine, CoQ10, creatine, magnesium, ribose

### FIBROMYALGIA

5-HTP, chlorella, creatine, magnesium, ribose

### FRACTURES

Calcium, magnesium, protein powders, vitamin D

## G-I

### GUM HEALTH

CoQ10, folic acid

### HEART HEALTH

Magnesium, antioxidants, calcium, CoQ10, fish oil, garlic, probiotics, Pycnogenol, ribose, vitamin D

### INJURY RECOVERY

Digestive enzymes, arnica, chamomilla, vitamins A and D, zinc

By Vera Tweed

### INSOMNIA RELIEF

5-HTP, magnesium, melatonin, ribose, L-theanine, valerian, California poppy, passionflower, hops

## J-P

### JOINT HEALTH

Glucosamine and chondroitin, manganese, copper, vitamin C, MSM

### MENOPAUSE

GLA, black cohosh, St. John's wort, Pycnogenol, 5-HTP

### MUSCLE CRAMPS

Magnesium, potassium

### PAIN RELIEF

5-HTP, proteolytic enzymes (e.g., bromelain), fish oil, homeopathy, ribose

### PMS RELIEF

Fish oil, GLA, indole-3-carbinol, chastetree berry, magnesium, grape seed extract, Pycnogenol

### PROSTATE HEALTH

lycopene, saw palmetto, zinc

## Q-Z

### SKIN HEALTH

Vitamin E, mixed carotenoids, vitamin C, fish oil, GLA, turmeric, zinc

### STRESS

5-HTP, ginseng, L-theanine, holy basil

### VAGINAL YEAST INFECTIONS

Probiotics, boric acid

### VARICOSE VEINS

Gotu kola, horse chestnut, butcher's broom, bioflavonoids (diosmin), vitamin C

