

TOP 7 SUPPLEMENTS YOU SHOULD TAKE DAILY

DR. BURT TAKES ALL 7, DAILY!



OMEGA-3 FISH OILS



Omega-3 Fish Oils reduce systemic inflammation and pain and are the best, natural anti-inflammatory.

In fact, a top neurosurgeon in Pittsburg found that omega 3s are better at relieving pain than NSAIDs - including Advil, Aleve, Aspirin, and Ibuprofen.

Take 2,000 - 3,000mg per day

MORE INFO

Improves heart health to prevent heart attack/failure by keeping the blood viscous. When you are inflamed, your blood is thick & clumps together, increasing risk of clotting.

Improves cognitive health to prevent Alzheimer's. Because your brain is 60% fat, mostly made up of omega-3 fats, it is crucial to keep up on your omega 3 intake.

Reduces anxiety, anger, and mood swings.

WHAT'S IN IT



COMPLETE OMEGA-3 ESSENTIALS 2:1

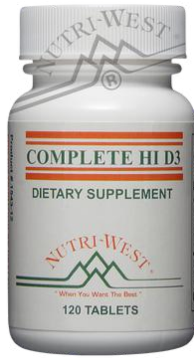
Each Capsule Contains: Total Fat 1 g, Cholesterol <4 mg, Vitamin E (as D-Alpha Tocopherol) 50 mg. Other Dietary-Ingredients 550 mg* of: Eicosapentaenoic Acid (EPA) (as fish oil) 300 mg*, Docosahexaenoic Acid (DHA) (as fish oil) 150 mg*, Flax Seed Oil (ALA) 50 mg*, Black Currant Seed Oil (GLA) 50 mg*. Product of Canada

TESTING

It is important to test your levels! Why? The only way to avoid Alzheimer's. We recommend testing via the **brain span test**.

Your omega 6 to 3 ratio should be 1.5 - 3 (omega 6) to 1 (omega 3). 25:1 is the average American. If you have a ration of 15:1, you will eventually get a degenerative disease. If you score at a ratio of 30:1, you are likely more angry and violent.

VITAMIN D3



The immune system is controlled by Vitamin D.

Vitamin D supports a strong, healthy immune system. In fact, Vitamin D discovery won the Nobel prize in 1928 for fighting infection. And as a result of COVID, the world is now aware of the value of Vitamin D for immunological benefits.

Take 5,000iu (125mcg) per day, 10,000iu if dark-skinned.

BENEFITS

Because **Vitamin D increases calcium absorption**, you must be careful supplementing with calcium if taking Vitamin D.

Sunscreen blocks the absorption of Vitamin D.

Vitamin D is **activated by Magnesium and Vitamin K**.

WHAT'S IN IT



Each Tablet Contains: Vitamin D3 (as cholecalciferol) 125 mcg

TESTING

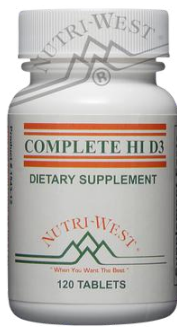
Vitamin D levels are **inadequate in 80% of the US**.

It's important to know where your Vitamin D levels are at to **ensure a healthy immune system**.

A good test score ranges from 60-80 nanograms per milliliter.

A score below 40 is dangerous.

MAGNESIUM (Mg)



Mg is involved in more than 700 metabolic reactions, and as such **contributes to the health and wellbeing of every organ system we have.**

Mg activates Vitamin D and helps activate ATP for energy in every cell of our body.

Take 300-600 mg per day.

MORE INFO

Mg helps to prevent Alzheimer's by optimizing mitochondrial respiration of the Krebs cycle. Fermentation (sugar) causes Alzheimer's, respiration keeps you safe.

Mg is inactivated by fluoride. Do not wash Mg down with fluoridated water. In fact, you want to **avoid fluoride at all costs.** Check your toothpaste and municipal water supply, as there are ~6,000 chemicals in municipal water.

For toothpaste, we recommend Moon, or any anti-fluoride toothpaste. For water, we recommend the iSpring reverse osmosis system. **Your dentist will try to convince you that fluoride is good, but it is not.** It is a neurotoxin. Sugar causes cavities. **Limit sugar** and your teeth will be just fine.

Most **American foods/crops are depleted of magnesium.** Why? Farm chemicals such as weed killers - Roundup/Atrazine - that selectively binds the Mg to the soil.

WHAT'S IN IT



Each 2 Tablets Contain: Magnesium (as malate, citrate, glycinate) 300 mg. Proprietary blend: 85 mg* Caprylic Acid (mct-medium chain triglycerides), Inulin, L-Taurine, Coconut Fiber.

TESTING

A good test score is 6.5 mg per decimeter, or higher.

~ 75% of Americans are deficient in Mg (must be tested for red blood cell Mg).

VITAMIN K



Vitamin K is needed for proper blood clotting coagulation.

Take 1,700 mcg per day.

MORE INFO

Vitamin K **helps absorb Vitamin D** and **helps direct calcium** to the bones and teeth for proper strength.

WHAT'S IN IT



Each Tablet Contains: Vitamin K (as K-1 500 mcg, K2-4 1000 mcg, K2-7 200 mcg) 1700 mcg

MORE INFO



Multivitamins support overall health and wellness and addresses vitamin/mineral deficiencies that may exist.

Take 1 pill per day.

WHAT'S IN IT

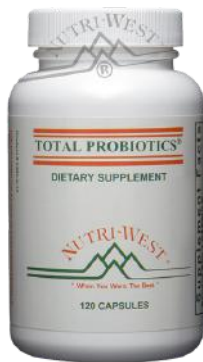


CORE LEVEL HEALTH RESERVE

Each Tablet Contains: Vitamin A (as palmitate) 300 mcg, Vitamin C (as sago palm) 350 mg, Vitamin D3 (as cholecalciferol) 3.5 mcg, Vitamin E (as succinate) 38 mg, Thiamine (as hydrochloride) 5 mg, Riboflavin 4 mg, Niacin 15 mg, Vitamin B-6 (as pyridoxine hydrochloride) 8 mg, Folate (as L-5 methyltetrahydrofolate) 70 mcg, Vitamin B-12 (as methylcobalamin) 10 mcg, Biotin 130 mcg, Pantothenic Acid (as calcium pantothenate) 10 mg, Choline (as bitartrate) 15 mg, Calcium (as aspartate) 30 mg, Magnesium (as aspartate) 16 mg, Zinc (as aspartate) 1 mg, Selenium (as chelate) 10 mcg, Manganese (as aspartate) 0.500 mg, Chromium (as chelate) 10 mcg, Molybdenum (as chelate) 15 mcg. Proprietary blend 293 mg* of: Almond (meal), Rice Bran, Inositol, Lemon Bioflavonoid, Eleuthero (root), Garlic (bulb), Hesperidin, Para Amino Benzoic Acid (PABA), Kelp (plant), Irish Moss (red algae)(plant), Rutin, L-Leucine, L-Valine, L-Phenylalanine, L-Isoleucine, L-Lysine (as hydrochloride), L-Glycine, Chlorophyll, DL-Methionine, L-Threonine, L-Tyrosine, Black Currant Seed Oil, L-Histidine, L-Glutamic Acid.

MULTIVITAMIN

PROBIOTIC W/ PREBIOTICS



Helpful for stomach/intestinal complaints, candida growth, dysbiosis, parasites, and environmental toxin exposure.

Nutri-West is the only brand that has probiotics combined with prebiotics in one capsule.

Take 1 capsule per day.

MORE INFO

Probiotics & Prebiotics **rebuild the microbiome** when damaged by:

Pharmaceutical Drugs

Antibiotics are the #1 killer of the microbiome. One course of antibiotics will take 2 years for the microbiome to recover. This also includes NSAID's - Advil, Aleve, Aspirin and Ibuprofen.

Weed Killer

This includes Glyphosate (Roundup), Atrazine, Simazine, and Propazine. Never do corn, soy, wheat or sugarcane in America because they all have poisonous weed-killers sprayed on them.

Lectins

This includes beans (kidney and soy being the worst), peanuts, cashews, wheat and whole grains, potato and tomato.

These are all responsible for causing "leaky gut" by punching holes in the small intestine.

WHAT'S IN IT



Each Capsule Contains: Zinc (as gluconate) 0.7 mg, Manganese (as gluconate) 0.6 mg. Proprietary blend 255 mg* of: Jerusalem Artichoke (Helianthus Tuberosus)(bark), Acerola Extract (Malpighia Glabra)(fruit), Rose Hips (Rosa Canina)(fruit), Beet (Beta Vulgaris)(root). Probiotic Blend (70 billion CFU) 176 mg*: Cellulase (1200 CU*), Lactobacillus Acidophilus 400 Million*, Bifidobacterium Bifidum 200 Million*, Bifidobacterium Longum 200 Million*, Protease (7500 HUT*), Lipase (52 LU*), Lactobacillus Casei 100 Million*, Lactobacillus Plantarum 100 Million*, Lactobacillus Rueteri 100 Million*, Lactobacillus Salivarius 100 Million*, Amylase (275 DU*).

ADRENAL SUPPORT



**Helps with fatigue, lethargy,
weakness, mental clarity and irritability.**

Take 1 pill per day.

MORE INFO

The stress of life activates the adrenal glands to release stress hormones.

When you are under stress, consistently, **your adrenal glands are put into overdrive.**

Adrenal Support - DSF Formula - helps with fatigue, lethargy, weakness, mental clarity and irritability.

Glandulars, vitamins, minerals, antioxidants and phytochemicals all work together to **support the various energy-producing systems** of the body.

WHAT'S IN IT



Each Tablet Contains: Vitamin C (as ascorbic acid) 175 mg, Riboflavin 15 mg, Niacin (as niacinamide) 15 mg, Vitamin B-6 (as pyridoxine hydrochloride) 10 mg, Pantothenic Acid (as calcium pantothenate) 105 mg, Magnesium (as oxide) 45 mg, Zinc (as chelate) 5 mg, Chromium (as chelate) 50 mcg. Proprietary blend 656 mg* of: Lemon Bioflavonoids, L-Tyrosine, Parotid (bovine), Thymus (bovine), Chlorella, Adrenal (bovine), Spleen (bovine), Stomach (porcine), Grape Seed Extract.