

# The Daily Dose

## DR. FLIEDNER'S BESPOKE RECOMMENDATION



After years of research, Dr. Fliedner recommends these supplement providers for their trusted quality and consistency. Each meets his standards for purity, bioavailability, and effectiveness, ensuring the best supplements for his patients' health. Below are his curated recommendations.



- **Her-T:** nutraceutical to support hormone balance and reduce side effects, 2 capsules daily
- **DIM SGS+:** nutraceutical to support hormone balance and reduce side effects, 1 capsule daily
- **Vascanox HP:** nutraceutical for cardiovascular and sexual support, 2 capsules daily
- **Arterosil HP:** nutraceutical for cardiovascular health, 1 capsule twice daily with food
- **vH Balance:** probiotic for vaginal health



- **3 Care Liquid Omega-3 TG:** excellent source of Omega 3 fatty acids in liquid form, one to four teaspoons per day
- **5-HTP Extra Strength:** for mood support, one capsule three times per day on empty stomach, to improve serotonin and sleep support
- **Alpha-Lipoic Acid:** antioxidant and energy support, once or twice daily
- **Curcumin 400x:** antioxidant, two capsules daily
- **B-Complex:** energy and cardiovascular support, two capsules twice a day
- **Prenatal Vitamin:** before and during and after pregnancy, six capsules a day with food
- **Essential Multi:** for optimal health and longevity, three capsules daily with food
- **Essential Multi with Iron:** especially important for women with menstrual cycles, three capsules per day with food
- **D3 5000 with K2:** immune and bone support, one capsule daily with food
- **Magnesium Glycinate:** for muscle cramps, headaches, sleep and relaxation, two capsules daily
- **Hair, Skin, and Nails:** to support healthy skin and hair, four capsules per day with food
- **Collagen Renew:** powder to support healthy skin, hair, joints, and bones, one scoop daily
- **Dynamic Multi Collagen:** powder for healthy skin, hair, joints, and bones, with antioxidants, one scoop daily
- **Fruits and Greens:** powder with 20+ servings of fruits and vegetables, antioxidant, one scoop daily
- **MCT Oil:** for healthy skin, cognition, and cardiovascular function, one to two servings per day
- **Stress Essentials Balance:** for healthy stress response, three capsules two times daily
- **Liposomal Sleep:** supports relaxation and sleep, two full droppers before bed
- **Melatonin TR Pro:** to promote sleep, one tablet daily, one hour before bed
- **Ultrabiotic Probiotic Pro:** powder for healthy microbiome, one scoop daily
- **Creatine Powder:** to improve muscle performance, one to two teaspoons daily
- **Dynamic Whey Protein:** powder to improve muscle and energy performance, one scoop daily



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