

10 Top Supplements We Commonly Recommend

1. Glutamine

What it does:

Glutamine is an amino acid that supports gut lining repair, immune defense, and muscle recovery. It's especially helpful for those with digestive inflammation, leaky gut, or high stress (since stress and exercise both deplete glutamine stores). It is one of the top 3 supplements that clients have given us feedback saying they feel better using.

Why it's useful:

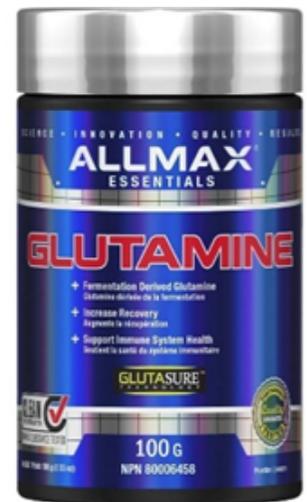
- Helps rebuild and maintain a healthy gut barrier
- Supports recovery after exercise or illness
- Can reduce cravings and stabilize blood sugar
- Reduce symptoms of leaky gut syndrome that are associated with gas and bloating

Who it's best for:

- Clients with digestive inflammation or IBS symptoms
- Individuals under chronic stress
- Active clients training 4–6x per week

How to take it:

- 5–10g (1–2 tsp) daily, mixed in water
- Best taken first thing in the morning on an empty stomach, 30–60 min before eating
- Can also be taken post-workout or before bed for extra support



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2. Magnesium

Magnesium is an essential mineral involved in over 300 enzyme reactions in the body – it supports energy production, muscle recovery, stress management, and sleep quality. Because different forms of magnesium act differently in the body, the right type depends on your needs.

Magnesium Glycinate (bisglycinate)

Why it's useful:

- Supports relaxation, deep sleep, and nervous system calm
- Helps reduce anxiety, tension, and muscle tightness
- Gentle on digestion (won't cause loose stools like some other forms)

Who it's best for:

- Clients struggling with stress, anxiety, or poor sleep
- Individuals with muscle tension or post-workout soreness
- Anyone who experiences sensitivity to other magnesium forms

How to take it:

- 200–400 mg daily, ideally in the evening before bed
- Can be taken with or without food

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Magnesium Malate

Why it's useful:

- Boosts energy production and supports muscle performance
- Can reduce fatigue and soreness
- Gentle on the stomach

Who it's best for:

- Clients with low energy or fatigue
- Individuals recovering from muscle pain or fibromyalgia-type symptoms
- Active people needing sustained daytime energy

How to take it:

- 200–400 mg daily, with breakfast or lunch
- Avoid before bed (can be mildly energizing)

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Magnesium Threonate

Why it's useful:

- Crosses the blood-brain barrier to support focus and memory
- Improves sleep quality and mental clarity
- Helps reduce brain fog and stress-related fatigue

Who it's best for:

- Clients needing cognitive support or mental sharpness
- Those under chronic stress
- Individuals who feel “wired but tired”

How to take it:

- 1–2 g per day, divided into morning and evening doses
- With or without food



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Magnesium Taurate

Why it's useful:

- Supports heart rhythm and blood pressure
- Promotes nervous system calmness
- Gentle on digestion

Who it's best for:

- Clients with high blood pressure or palpitations
- Those managing stress or anxiety
- Individuals focused on heart health

How to take it:

- 200–400 mg daily, with meals
- Can split into morning and evening doses

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Magnesium Citrate

Why it's useful:

- Supports muscle recovery and regular digestion
- Can gently relieve constipation
- Assists energy metabolism

Who it's best for:

- Clients with constipation or sluggish digestion
- Active individuals prone to muscle cramps or soreness
- Those needing mild digestive support

How to take it:

- 200–400 mg daily, typically in the morning or with meals
- Adjust dose if stools become loose



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Magnesium Fumarate

Why it's useful:

- Supports cellular energy production (ATP synthesis)
- Helps reduce fatigue and improve muscle endurance
- Often well tolerated and easily absorbed

Who it's best for:

- Clients struggling with low energy, burnout, or fatigue
- Athletes or active individuals needing metabolic support
- Those looking to enhance mitochondrial function (energy creation)

How to take it:

- 200–400 mg daily, with meals (preferably morning or midday)



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Magnesium Orotate

Why it's useful:

- Supports heart health and endurance
- Enhances cellular energy and recovery
- May improve exercise performance and cardiac output

Who it's best for:

- Clients with heart health goals or high-intensity training
- Those needing enhanced recovery and stamina
- Individuals with a family history of cardiovascular issues

How to take it:

- 200–400 mg daily, with meals
- Can be taken morning or evening



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3. Vitamin D

What it does:

Vitamin D acts like a hormone in the body – supporting immune health, bone strength, muscle function, mood regulation, and metabolic balance. Vitamin D is made in the skin when exposed to sunlight. During fall and winter, most people need consistent supplementation – even if you get some sun exposure. Pairing Vitamin D with Vitamin K2 can further support calcium metabolism and bone health.

Why it's useful:

- Supports immune system function, reducing the risk of illness
- Improves mood and energy, particularly in darker winter months
- Enhances bone density by helping your body absorb calcium and phosphorus
- Aids muscle recovery and may improve exercise performance
- Supports hormone and metabolic health

Who it's best for:

- Individuals who spend most of the day indoors
- Clients experiencing fatigue, low mood, or poor recovery
- Those with a history of weak bones, low immune function, or vitamin D deficiency

How to take it:

- Daily dose: typically 2,000–5,000 IU per day, depending on individual needs and blood levels
- Take with food containing fat (Vitamin D is fat-soluble, meaning it's absorbed best with meals that include healthy fats)
- Best taken in the morning or with your first meal to mimic natural sunlight rhythm
- For optimal results, have your vitamin D levels checked (25-hydroxy D test) at least once a year to personalize dosing



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4. Digestive Enzymes

What they do:

Digestive enzymes help your body break down food efficiently and absorb nutrients properly.

They naturally occur in your body, but stress, aging, or poor digestion can reduce enzyme production – leading to bloating, gas, or discomfort after meals.

Supplementing with the right blend can support smoother digestion and better nutrient absorption.

Why they're useful:

- Reduce bloating, gas, and fullness after eating
- Improve nutrient absorption, especially protein and fat
- Support gut healing by easing the workload on your digestive system
- Enhance recovery for those with low stomach acid or enzyme insufficiency

Who they're best for:

- Clients who experience bloating, heaviness, or indigestion after meals
- Individuals with low stomach acid, IBS, or food sensitivities
- Clients under high stress (stress reduces enzyme secretion)
- Older adults (enzyme production naturally declines with age)

How to take them:

- Take 1 capsule at the beginning of each meal
- Take whenever eating out or travelling to lower gas and bloating



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5. Omega-3 (Fish oil)

What it does:

Omega-3 fatty acids are essential fats that play a key role in reducing inflammation, supporting brain and heart health, improving recovery, and optimizing hormone balance.

Because your body can't make them on its own, they must come from food (like fatty fish) or supplementation.

The two most important active forms found in fish oil are EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) – each with unique benefits for your body and brain.

Why it's useful:

- Reduces inflammation throughout the body (key for recovery and joint health)
- Supports heart health by improving cholesterol balance and circulation
- Boosts brain function and mood, reducing symptoms of anxiety or depression
- Improves skin health and reduces dryness or inflammation
- Enhances hormone balance and supports overall metabolic health
- Improves insulin sensitivity and blood sugar control



EPA vs DHA — What's the Difference?

Type	Primary Role	Key Benefits
EPA	Anti-inflammatory and cardiovascular support	<ul style="list-style-type: none">• Reduces inflammation and muscle soreness• Supports heart and joint health• May improve mood and reduce anxiety
DHA	Brain, nervous system, and eye health	<ul style="list-style-type: none">• Supports cognitive performance and memory• Essential for brain development and focus• Helps maintain healthy vision and nerve function

Who it's best for:

- Clients with inflammation, joint pain, or soreness
- Individuals seeking mental clarity, focus, or mood support
- Clients with cholesterol, blood pressure, or cardiovascular goals
- Anyone focused on recovery, longevity, or hormonal health

How to take it:

- Daily dose: 2,000mg combined EPA + DHA per day.
- Take with meals containing fat to improve absorption

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6. Multivitamin

What it does:

A multivitamin provides a broad spectrum of essential vitamins and minerals that your body needs for energy production, immune function, metabolism, and recovery. Even with a balanced diet, it can be difficult to meet optimal micronutrient levels daily – especially for active individuals and those under stress. A high-quality multivitamin helps fill in the nutritional gaps and supports your body's foundational systems so you can perform, recover, and feel your best.

Why it's useful:

- Supports energy production by providing B vitamins and key minerals used in metabolism
- Fills nutrient gaps caused by limited food variety, travel, or stress
- Supports immune health with vitamins A, C, D, E, and zinc
- Improves mood and cognitive function through B12, folate, and magnesium
- Promotes healthy skin, hair, and nails
- Enhances recovery and reduces fatigue from training or stress

Who it's best for:

- Clients who train regularly or have higher nutrient demands
- Those with busy or stressful lifestyles that deplete nutrients more quickly
- Individuals who travel often or have inconsistent eating patterns
- Clients with digestive issues that may reduce nutrient absorption

How to take it:

- Take with a meal (especially one containing fat) to improve absorption
- Split doses if taking a high-potency multivitamin (e.g., half in the morning, half at lunch) to optimize uptake and reduce nausea
- Hydrate well – vitamins and minerals are metabolically active and increase nutrient turnover



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7. Adaptogens

Adaptogens are natural herbs and mushrooms that help your body adapt to stress — whether it’s physical, mental, or emotional. They work by supporting the adrenal glands and balancing hormones like cortisol, helping you maintain steady energy, focus, and mood throughout the day.

Here are the top adaptogens our clients have reported noticing the most benefits from.

Rhodiola

What It Does:

Rhodiola is an adaptogenic herb that supports your body’s ability to handle physical and mental stress. It helps regulate cortisol levels, improves focus, and enhances endurance.

Why It’s Useful:

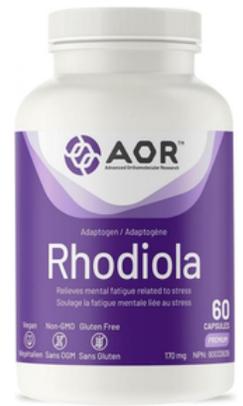
- Increases energy and resilience during periods of fatigue, burnout, or high stress.
- Supports mood and may reduce symptoms of mild anxiety or depression.

Who It’s Best For:

- Those feeling run-down or mentally exhausted
- Individuals with high-stress lifestyles
- Anyone looking to support stamina and performance (especially athletes or busy professionals)

How to Take It:

- 200–400 mg per day
- Take in the morning or before physical activity, as Rhodiola can be stimulating.



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When to Take	Adaptogens	Benefits	Notes
Morning or Pre-Workout	Rhodiola & Cordyceps	Boost energy, focus, endurance, and stamina	Take earlier in the day to avoid interfering with sleep
Evening or Times of High Stress	Ashwagandha & Holy Basil	Calm the nervous system, lower stress hormones, and support restful sleep	Ideal for winding down and promoting relaxation



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Ashwagandha

What It Does:

Ashwagandha is a calming adaptogen that helps balance stress hormones, support the nervous system, and improve sleep quality. It can also enhance strength, recovery, and thyroid health.

Why It’s Useful:

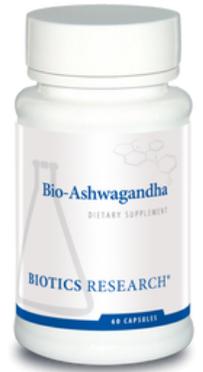
- Effective for chronic stress, adrenal fatigue, anxiety, and poor sleep.
- Helps balance cortisol levels and promote a calmer mood.

Who It’s Best For:

- Individuals feeling anxious, overwhelmed, or “wired but tired”
- Those struggling with sleep
- People dealing with long-term stress or adrenal fatigue

How to Take It:

- 300–600 mg daily
- Best taken in the evening or before bed for relaxation and sleep support.
- For stress and hormone balance, it can be taken morning and evening.



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Cordyceps

What It Does:

Cordyceps is a medicinal mushroom known for boosting energy, stamina, and oxygen utilization. It supports adrenal health and enhances physical performance.

Why It's Useful:

- Helps combat fatigue, supports recovery from exercise, and promotes steady energy without overstimulation.
- Benefits immune function and lung health.

Who It's Best For:

- Active individuals or athletes
- Those recovering from illness or fatigue or are constantly feeling stressed out or getting sick
- Anyone looking to increase endurance and vitality naturally

How to Take It:

- Typical dose is 400-800mg of extract
- Best taken in the morning or before workouts.



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Holy Basil

What It Does:

Holy Basil helps calm the mind, balance mood, and support immune health. It’s known for reducing anxiety and promoting mental clarity.

Why It’s Useful:

- Helps modulate cortisol and supports emotional well-being.
- Supports better AM energy levels
- Has antioxidant and anti-inflammatory properties, making it great for immune and metabolic support.

Who It’s Best For:

- Those experiencing low energy in the morning or emotional stress
- Individuals looking for gentle mood and immune support
- People wanting a caffeine-free focus aid

How to Take It:

- Take 300–500 mg daily
- Take once or twice daily. Gentle enough for morning or afternoon use



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8. Curcumin

What It Does:

Curcumin is the active compound found in turmeric, known for its powerful anti-inflammatory and antioxidant effects. It helps reduce inflammation in the body. Chronic inflammation is linked to fatigue, pain, poor recovery, and slower progress in training or overall wellness.

Why It's Useful:

- Supports healthy joints and improves recovery
- Can help improve digestion, brain health, and immune function.
- Protects against cellular damage

Who It's Best For:

- Individuals with joint pain, inflammation, or soreness
- Those recovering from intense exercise or injury
- Anyone with inflammatory conditions or seeking overall longevity support

How to Take It:

- Typical dosage: 500–1,000 mg of curcumin extract
- Curcumin is best absorbed with a meal containing healthy fats and black pepper (piperine)

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9. Probiotics

What It Does:

Probiotics are beneficial bacteria that support gut health, digestion, and immune function. They help maintain a healthy balance of gut flora. A healthy gut is essential for optimal digestion, hormone balance, mood, and immunity. improve nutrient absorption, and protect against harmful bacteria or yeast overgrowth.

Why It's Useful:

- Helps reduce bloating, support bowel movement regularity, and restore gut balance after antibiotic use, illness, or periods of high stress.
- Improves nutrient absorption
- Protects against harmful bacteria or yeast overgrowth

Who It's Best For:

- Individuals with digestive issues (bloating, constipation, or irregularity)
- Those who've taken antibiotics
- Those with gut imbalances or high stress lives
- Anyone focused on improving immunity, mood, or overall gut health

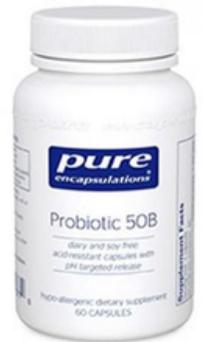
How to Take It:

- Take daily, ideally on an empty stomach or before meals (unless the label recommends otherwise). Consistency is key.
- Typical dosage: 5–50 billion CFU per day, depending on strain and goal.
- Look for a multi-strain formula containing Lactobacillus and Bifidobacterium species for broad gut support.

Rotation Tip:

Rotating between different probiotic blends or strains every 2–3 months helps introduce new beneficial bacteria, prevents over-dominance of one strain, and supports a more balanced and resilient gut microbiome.

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10. Collagen

What It Does:

Collagen is the most abundant protein in the body and a key building block for skin, hair, nails, joints, muscles, and connective tissue. As we age, natural collagen production declines — leading to weaker joints, slower recovery, and changes in skin elasticity. Supplementing with collagen provides amino acids (like glycine and proline) that support tissue repair, elasticity, and overall structural strength.

Feedback from PHC clients suggests that it takes about 60 days of consistent use to notice a difference.



Why It's Useful:

- Supports joint health and muscle recovery
- Supports healthy skin and hair

Who It's Best For:

- Individuals with joint pain, stiffness, or high training volume
- Those looking to improve skin, hair, or nail health
- Anyone recovering from injury or looking to support connective tissue integrity

How to Take It:

- Typical dosage: 10–20 g per day of hydrolyzed collagen (collagen peptides).
- Can be taken daily, ideally mixed into a morning beverage like coffee, tea, or a smoothie.
- For best results, pair with Vitamin C, which enhances collagen synthesis in the body.

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