



# Supplement Guide

Research continues to show the best way to get the nutrients we need is from our diet - and I couldn't agree more! The food we eat comes with more than just vitamins and minerals, but also fiber, phytonutrients, and likely nutrients or components we haven't even identified yet that truly lead to ultimate health and protection from disease.

Although nutrients should ideally come from food first, it doesn't mean that supplements are never appropriate. There are times when we as an individual are unable to get enough from our diet, don't absorb it properly, and/or the diet simply doesn't provide as much as research suggests we need for optimal health - and for a multitude of reasons.

This guide is intended to help inform you of suggestions for supplements when following a whole-food, plant-based diet. However, keep in mind these recommendations are general and may not be appropriate for you as an individual. Be sure to follow-up with your individual registered dietitian, pharmacist, and/or physician to ultimately determine what is best for you.

## Vitamin D

Our bodies create vitamin D from UVB rays from the sun. However, many of us don't get enough from the sun or don't convert it into the usable form adequately.

Vitamin D has several responsibilities such as promoting calcium absorption, bone growth, immune function, reducing inflammation, and more (1). As it relates to inflammation and immune function, research continues to look at vitamin D's role in chronic disease.

The reference range, or normal range, for vitamin D levels is 30-100 ng/mL. However, some research is suggesting levels of 40-50 ng/mL are more optimal. The amount you supplement is dependent on your individual level. I recommend testing your vitamin D blood level prior to supplementation. You can ask your physician to draw, or test at home with an [Omega-Quant Vitamin D test](#). (Use Coupon Code WHOLESOMELLC for a small discount.)

### WHOLESOME APPROVED VITAMIN D SUPPLEMENTS:

[MyKind Organics, Chewable](#) - 2,000 IU

[ForestLeaf](#) - 5,000 IU

[Nordic Naturals](#) - 1,000 IU

[Nordic Naturals](#) - 5,000 IU



## Supplement Guide (cont.)

### Vitamin B12

Vitamin B12 is important for several reasons, including its role in nervous system function and red blood cell function. This vitamin is actually created by microbes within our soil. However, with years and years of our agricultural and sanitization practices, our soil is no longer abundant in the microbes responsible in providing a reliable source of vitamin B12.

Since plants are no longer a reliable source of vitamin B12, it is recommended plant-based eaters regularly supplement.

Vitamin B12 supplements contain easy-to-absorb B12, while many cereals, non-dairy milks, and nutritional yeast are fortified with B12. The best way to supplement, for individuals under the age of 65, is to take either a 2,500 mcg supplement 1x per week, or 250 mcg per day (2) of vitamin B12, also known as **cyanocobalamin** (the most well studied form for preventing and reversing deficiency). If choosing to supplement with the form **methylcobalamin**, be sure you are also supplementing with **adenosylcobalamin**.

If you are over the age of 65, the body's ability to absorb vitamin B12 tends to decline (3). Therefore, these individuals should consider taking 1,000 mcg per day (4,5).

To better understand your own vitamin B12 levels, request MMA (urinary or blood) Holo-TC, and/or Homocysteine levels to be drawn and interpreted by your physician.

Serum B12 lab tests are often unreliable. If B12 is low, MMA will become elevated in the blood. If MMA is not elevated but homocysteine is, it is possible an individual has a folate deficiency. When both homocysteine and MMA are low, it is almost always a sign of B12 deficiency.

You can also test your own MMA level at home with an [Omega-Quant uMMA test](#). (Use Coupon Code WHOLESOMELLC for a small discount.)

#### WHOLESOME APPROVED VITAMIN B12 SUPPLEMENTS:

[Swanson, Vitamin B12 - 500 mcg \(contains gelatin\)](#)

[NOW, Vitamin B12 - 2,500 mcg Lozenges](#)

### Omega-3, EPA/DHA

The World Health Organization and European Food Safety Authority recommends consuming at least 0.5% percent of calories from the short-chain omega-3 fatty acid called alpha-linolenic acid, or ALA (6).

The Academy of Nutrition and Dietetics recommends getting between 1.3 - 2.7 grams of ALA each day (for every 2,000 calories). Just 1 tablespoon of ground flaxseeds contains 2.4 grams and the body can then take the ALA and convert it into EPA and DHA - other omega-3 fatty acids. DHA is important for brain development, learning & cognition, whereas EPA is important for mood, behavior, and anti-inflammatory effects. (7-10)

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## Supplement Guide (cont.)

### Omega-3, EPA/DHA (cont.)

However, studies do vary in whether or not the body can make enough EPA and DHA for brain health as the conversion from ALA to EPA & DHA can vary from person to person (10,11). Typically, a supplementation of 250 mg of pollutant-free, long-chain omega-3's should be considered. However, testing your own individual level with an [Omega-3 Index Test from OmegaQuant](#) will help you better understand your own level and whether supplementation is necessary. (Use Coupon Code WHOLESOMELLC for a small discount.)

#### WHOLESOME APPROVED OMEGA-3 SUPPLEMENTS:

[Nordic Naturals](#), Algae Omega

[Dr. Fuhrman, EPA/DHA](#) - Child & Adult Friendly

[True Grace, High Potency Omega-3](#) - NOT Vegan, but highly tested for contaminants

### Turmeric

Thousands of studies have been published in the medical literature supporting the use of turmeric and/or curcumin. Turmeric is the yellow spice traditionally used in many Indian dishes. Curcumin is the component of turmeric that gives turmeric its bright yellow color.

Turmeric's primary compound, curcumin, is its active anti-inflammatory component and is considered one of the most powerful anti-inflammatory components in the world. Additionally, curcumin has been found to block angiogenesis, or the formation of new blood vessels (12).

It is recommended to consume turmeric in standard culinary amounts, which is to say, about ¼ teaspoon each day--similar to the average consumption in Indian diets (13).

If you are the type of person who leans towards the simplicity and ease of use supplements provide, you might want to consider making your own. (See [my video](#) of how to make your own!) We advise this is because there has been evidence of contaminated turmeric supplements containing all sorts of toxic metals like arsenic, cadmium and lead. Thankfully, none of the powdered turmeric samples tested in the U.S. were found contaminated--only the supplements. (14)

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## Supplement Guide (cont.)

### Turmeric (cont.)

#### WHOLESOME APPROVED TURMERIC SUPPLEMENTS:

It is best to make your own!

*Come learn how [here](#).*

Or, add 1/4 teaspoon + 1 pinch black pepper to your food daily.

### Prebiotics

Prebiotics are the food and fuel for probiotics. We typically find these within soluble fiber rich and resistant starch rich foods. However, a prebiotic supplement - even if an individual consumes sufficient fiber - maybe be beneficial. Research has identified, prebiotics (15):

- Increases growth of SCFAs
- Reduces unhealthy microbes
- Reduces bacterial endotoxins
- Reduces inflammation
- Improves blood sugar and insulin concentrations
- Lowers total cholesterol
- Lowers triglycerides
- Increases HDL
- Reduces fat mass
- Improves satiety
- Improved absorption of calcium and magnesium
- May reduce bloating & gas

#### WHOLESOME APPROVED PREBIOTIC SUPPLEMENTS:

[Benefiber](#), or equivalent non-brand name

[Acacia Powder](#)

[Psyllium Husk Powder](#)

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## Supplement Guide (cont.)

### Multivitamin

Not everyone needs a multivitamin. In fact, I don't necessarily recommend it for everyone. As mentioned before, diet always comes first. I would encourage that if you are taking vitamin B12, vitamin D, and omega-3's with a well-rounded plant-based diet - you likely don't even need a multivitamin.

However, if you are a woman of childbearing age and planning on getting pregnant anytime soon (or are currently pregnant or nursing), I would highly encourage a prenatal multivitamin. Outside of potential or current pregnancy, multivitamins can be used for "insurance". But remember that too much of a "good thing" can actually be a bad thing!

#### **WHOLESOME APPROVED PRENATAL & MULTIVITAMIN SUPPLEMENTS:**

[MyKind Organics](#), Once Daily Prenatal  
[Thorne Prenatal](#)

[MyKind Organic](#), [Women's Once Daily](#)  
[MyKind Organic](#), [Men's Once Daily](#)

#### **WHOLESOME APPROVED MULTIVITAMIN SUPPLEMENTS:**

[True Grace](#), One Daily Multivitamin

*(Note: True Grace's multivitamins are not currently recommended for pregnancy or nursing.)*

### Probiotics

Probiotic supplements are **not** the silver bullet to healing dysbiosis or other gut health issues. However, they *may* be helpful in supporting a healthy gut microbiome. But keep in mind probiotics and those contained in probiotic supplements are transient (meaning, they work for a short period of time) and travel through your intestines. As they travel through the intestines, they may help interact with our immune cells, gut cells, nutrients from our food, and the existing bacteria leading to potential benefits surrounding our health, including our immune, metabolic, gut health.

With that being said, "just any ol' probiotic will do" isn't necessarily true. There are several considerations. But taking into account my recommended considerations, I have 2 brands I typically recommend those below.

#### **WHOLESOME APPROVED PROBIOTIC SUPPLEMENTS:**

[True Grace](#), One Daily Probiotic

[Seed](#) (Use coupon code: **WHOLESOMELLC** for 15% off first month)



## Supplement Guide (cont.)

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### Keep In Mind

This certainly is not a complete list of supplements that may be appropriate for those who follow a plant-based lifestyle. However, it does include those that most plant-based eaters should consider, after consulting with their qualified health care professional.

Since supplements are **not** regulated by the FDA, there are always risks to consider when taking any supplement. Although the risk remains low with these listed supplements, know there are risks which may include (but not limited to): toxicity, medication interaction, and supplement contamination.

It is important for your health care provider to take into account your individual needs, medications, and/or treatments you may be undergoing.

*As always, consult with your physician before starting any supplement.*

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