



THE ESSENTIAL EIGHT

recommended by Dr. Dan Murphy

1) A quality multiple vitamin /mineral supplement, without copper.

- COMPLETE LEVEL HEALTH RESERVE

The vitamin/mineral content of food is linked to the quality of the soil in which the food was grown. Not only is our soil depleted of critically important minerals, our crops/soil are exposed to huge amounts of chemicals that bind to minerals, making them unavailable for human nutritional requirements. This is called nutrition inflation, and the entire world is suffering from it. A quality multiple vitamin/mineral supplement is now necessary for the majority of people on the planet. Importantly, the supplement should not contain copper.

2) 3,000 mg of EPA+DHA Omega-3's from purified fish oil.

- COMPLETE OMEGA 3 ESSENTIALS 2:1 OR COMPLETE HI-POTENCY OMEGA 3 LIQUID

The Theory of Everything: the majority of dysfunction is linked to inflammation. The most critical driver of inflammation is the ratio of omega-6 to omega-3 fats. Americans consume far too many inflammatory omega-6s, and far too few anti-inflammatory omega-3s.

3) Vitamin D3, 5000 IU (125 mcg)

- COMPLETE HI D3

Vitamin D does a lot more than build healthy bones. It is critical for immune system function and for brain physiology. Most Americans are significantly low in vitamin D levels and supplementation is necessary for almost everyone.

4) Magnesium (Mg⁺⁺), 500 mg

- COMPLETE MG

Magnesium is a cofactor for the activity of 700-800 human enzymes. Magnesium is the most important mineral for accessing human energy; it also supports the heart, blood vessels, and brain. Most Americans are significantly low in magnesium and supplementation is necessary for almost everyone.

5) Vitamin K2-4 and K2-7

- COMPLETE K

Without vitamin K2-4 and K2-7, calcium is deposited into arteries, joints and kidneys. This is why most people who take vitamin D should also take vitamin K. Individuals with blood clotting disorders or those on blood thinning drugs, should talk to their doctor before taking vitamin K. Individuals taking statin drugs often need to double vitamin K supplementation, but again should consult their Healthcare Provider.

6) Co-Q-10

- COMPLETE ENERGY

Co-Q-10 and PQQ enhance mitochondrial function. The mitochondria are the biological epicenter of aging; one is only as young as their mitochondria. Co-Q-10 production drops off significantly with age, and everyone over 40 or 50 years should supplement with Co-Q-10.

7) Iodine

- IODINE RESCUE

The most sensitive and susceptible human tissue to toxins is the thyroid gland. The thyroid is the "canary in the coal mine." Iodine is required for thyroid health. Iodine levels are under attack by halogenated industrial chemicals such as fluorine, chlorine, and bromine, which are everywhere. "If you are not deficient at the start, iodine is still worth supplementing because it provides a supportive effect against many industrial chemicals.

8) Probiotics with Prebiotics

- TOTAL PROBIOTICS

