Laura Frontiero
TAKE GOOD CARE

Vibrant Health Supplements

...and see what's inside Laura's Medicine Cabinet





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Do you ever wish you could take a sneak peak into your health practitioner's life? You know, see what we eat, what body products we use and what supplements we take? Clients ask me all the time: "What's your favorite make-up line? What do you use to wash your laundry? What supplements do you keep on hand in your bathroom medicine cabinet?"

That got me thinking, I should put together a list of my favorite supplements, and explain what I use them for! So here you go!

Included in this guide are the supplements I take every day, plus those I have on-hand, in case my family needs it. Think of all the times you go to the drugstore for over-the-counter products to solve your problem: pain relief, colds/flu, urinary tract infections, insomnia, etc. My top picks are here! I should also mention, I only use practitioner-grade supplements for myself, my family and my clients. I have aligned my functional health practice with Designs For Health brand for several reasons: their commitment to purity, full disclosure of ingredients, superior manufacturing practices, science & evidence based formulations, and their large formulary of over 400 products.

HOW TO ORDER SUPPLEMENTS DIRECTLY FROM DESIGNS FOR HEALTH:

Click HERE or go to www.laura.ehealthpro.com

Health maintenance

Here's what I take, just about every day!

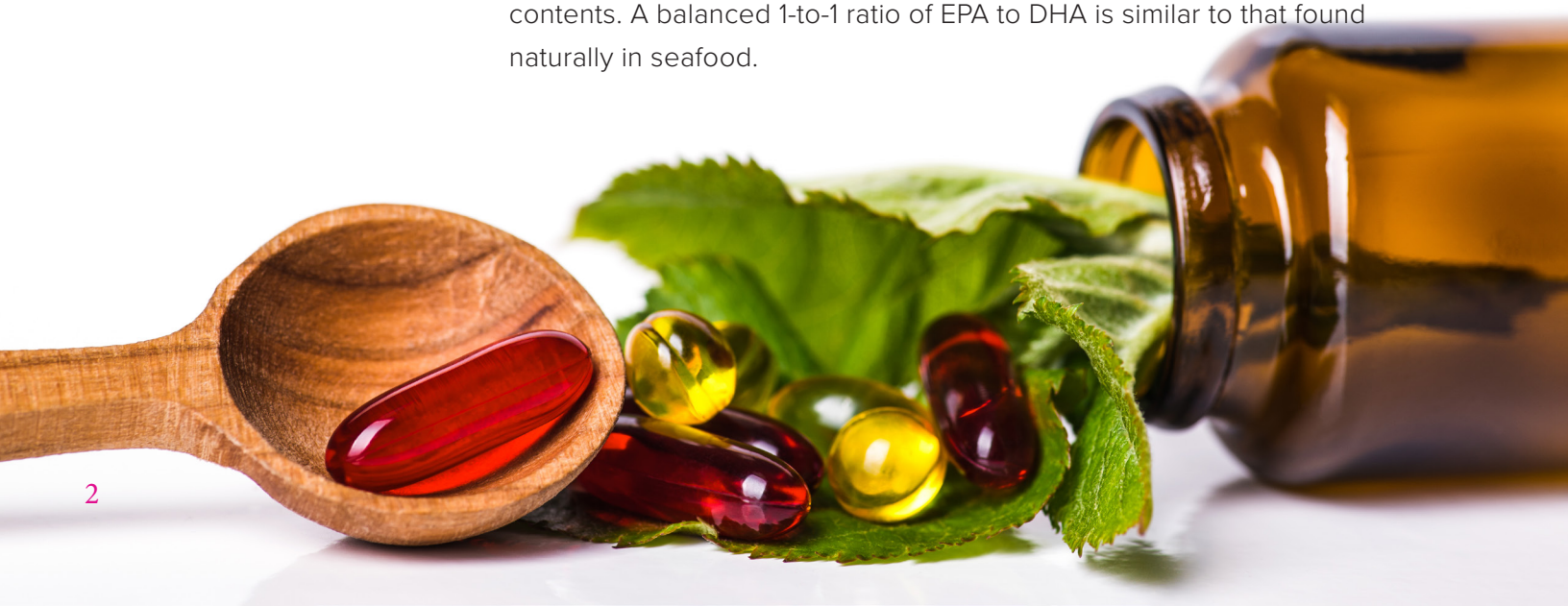
Truth moment: I'm just like you, and sometimes I miss a day or two!



DFH COMPLETE MULTI is a full-spectrum multivitamin with Albion chelated minerals for maximum absorption and bioavailability. This powerhouse multivitamin supplies supportive nutrients not normally found in regular multis, such as delta and gamma tocotrienols, TMG, and fruit bioflavanoids. This formula also contains, natural mixed carotenoids, a full spectrum of vitamin K forms, and levels of B vitamins based on evolutionary intake of these nutrients, which support healthy cell replication and are higher than RDA/RDI values.



OMEGAVAIL HI-PO is DFH's highest potency fish oil / omega-3 product, providing 1500 mg of EPA/DHA per serving (two softgels). This formula also includes lipase, a digestive aid to ensure maximum absorption. Lipase helps to prevent any fishy aftertaste, known as 'repeat,' (a.k.a. "fishy burps") which sometimes occurs with fish oil supplements. This formula has a 75% concentration of EPA+DHA, which enables a faster body enrichment with these beneficial fatty acids. This concentration is much higher than that of most other fish oils commonly available, which allows it to impart its health benefits much faster. EPA and DHA each have unique beneficial characteristics for optimizing health. EPA often competes with DHA for absorption and incorporation into cell walls, thus a balanced ratio of EPA/DHA provides them with equal opportunity to impart their function and optimize the corresponding body contents. A balanced 1-to-1 ratio of EPA to DHA is similar to that found naturally in seafood.



Health maintenance

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VITAMIN D SYNERGY is a combo vitamin D and K product. These vitamins are essential for optimal bone and arterial health and for maintaining the immune system in proper balance. Vitamin D plays a role in supporting the immune system and is a key player in bone health and calcium regulation in the body. When the body needs calcium, vitamin D stimulates the intestines to absorb more calcium from foods and reduces the amount of calcium the kidneys release into urine to be excreted. When blood levels of calcium are low, vitamin D triggers a natural hormonal process that allows calcium to be released from bones to restore proper blood levels. Technically speaking, vitamin D is not an "essential" nutrient, because the human body can synthesize it: it's made in a biochemical reaction when UVB rays from sunlight interact with cholesterol stored in our skin. However, many people do not get adequate sunlight exposure, and many live at latitudes where the angle of the sun doesn't result in optimal natural vitamin D synthesis throughout most of the year. Vitamin K is included in this formula because it acts like a "traffic cop" for calcium in the body. When vitamin D stimulates increased absorption and retention of calcium, vitamin K performs the important function of directing the calcium where to go: it helps deposit it where it's needed, such as in bones and teeth, and directs it away from undesirable destinations, such as building up in the joints, arteries, or forming stones in the kidneys.



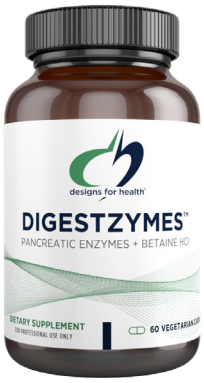
MAGNESIUM BUFFERED CHELATE contains highly absorbable magnesium, This product should not cause any of the unfavorable gastrointestinal symptoms associated with magnesium supplementation due to the very stable chelate formed between two glycine molecules and each magnesium ion via a patented process.



C+BIOFIZZ is a delicious, effervescent, orange-flavored powder, easily providing therapeutic dosing of vitamin C. Potassium bicarbonate is included in this formula as a buffering agent and to give it "fizz." Also included are quercetin, hesperidin and rutin, which are natural bioflavonoids found in citrus fruits.

Health maintenance

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DIGESTZYMES is comprised of a proprietary blend of digestive enzymes along with betaine HCl to support the optimal digestion of proteins, fats, and carbohydrates. This product contains the special protease DPP IV (dipeptidyl peptidase IV), which aids in the breakdown of the peptides gluteomorphin (from gluten) and casomorphin (from casein). Digestzymes also includes the enzyme lactase, which helps break down the dairy sugar lactose. The use of Digestzymes before meals may be helpful for people who experience gas and bloating after eating, occasional constipation, or a feeling of fullness after eating only a small quantity of food.



PROBIOMED 50 is a shelf stable combination of 50 billion live probiotic strains, from 10 specific probiotic species, known for their ability to directly support intestinal health. It's dairy and gluten free, refrigeration not required.



CURCUM-EVAIL (TURMERIC) is a highly bioavailable curcuminoid formulation. It contains a unique combination of three bioactive, health-promoting curcuminoids: curcumin, bisdemethoxy curcumin and demethoxy curcumin, along with turmeric oil. The three curcuminoids are the strongest, most protective and best researched constituents of the turmeric root. This product optimizes the absorption rate of the curcuminoids while reducing their absorption time.



Health maintenance

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ESSENTIAGREENS great for daily detox, this is a greens food product densely packed with high ORAC value vegetables, cleansing alkalizing grass juices, and a proprietary blend of fruits and berries. Besides being phytonutrient-rich, the orange-cranberry flavor tastes wonderful, thanks to the inclusion of inulin, a natural polysaccharide prebiotic fiber, along with a splash of stevia. While it adds a subtly sweet flavor to EssentiaGreens, inulin does not impact blood sugar levels the way so many other sweeteners do.** Because inulin is a soluble fiber it dissolves easily in water, making EssentiaGreens simple to mix into any beverage.





WHOLE BODY COLLAGEN contains a unique blend of three patented collagen peptides supported by clinical research showing their efficacy for supporting collagen production, bone strength, joint health and integrity, skin elasticity and more. Collagen is a special type of protein that accounts for as much as 30% of the body's total protein. In particular, it's a primary structural component of connective tissue. Whole Body Collagen can be incorporated into shakes, smoothies, and other foods and beverages, making it a convenient way to ensure appropriate intake of collagen's unique amino acids.



Cold & Flu Season *Support*

Cold & Flu Season Support

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IMMUNITONE PLUS is an herbal formula that is designed to support healthy immune system function during cold and flu season. It contains herbs that support normal natural killer (NK) cell activity and the balance of cytokines, which are the regulatory proteins released by immune cells as part of a normal immune system response. Immunitone Plus is suitable for long term use and for all age groups.



IMMUNO-ZN LOZENGE is a combination of zinc and elderberry delivered in an easy-to-dissolve lozenge with a delicious mixed berry flavor to support overall immune function. The lozenge delivery system is ideal for targeted absorption and may help support the upper gastro-intestinal tract (i.e. throat) and upper respiratory tract health.



GINGER-TUSSIN SYRUP is a pleasant-tasting, throat soothing, herbal syrup elixir with immune-supportive properties. It features ginger and lovage for immune support, along with wild cherry bark to soothe the throat and for the occasional cough. It also helps soothe an upset stomach! The base of this syrup is USP kosher vegetable glycerin, and certified organic honey.



SILVERCILLIN is an antimicrobial. It can be swallowed, sprayed, used topically, or nebulized/inhaled. It's a preparation of pure silver complexed with purified water. Used for immune system support, gastrointestinal support, healthy inflammatory response. This is an incredibly powerful, non-toxic form of silver, with zero build-up in the body, so it does not cause argyria (blue man syndrome).

Cold & Flu Season Support

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BIOFIZZ IMMUNE is a delicious, orange-flavored, effervescent powder containing a comprehensive blend of immune supportive nutrients. Each serving provides vitamin C, along with targeted / clinically relevant amounts of the bioflavonoids quercetin and resveratrol, vitamin D, vitamin E isomers (as DeltaGold® delta and gamma tocotrienols), geranylgeraniol (as GG-Gold™), and zinc. These ingredients work synergistically to support robust immune health and function.



IMMUNE SUPPORT PACKETS contain a comprehensive arsenal of immune-supportive nutrients, helping the body maintain a strong defense. Products that comprise these packets were selected for their abilities to support the body's overall healthy immune response, providing the body with efficacious amounts of vitamins and a wide array of antioxidants, and herb/mushroom extracts.





Pain Relief & Inflammation *Support*

Pain Relief & Inflammation Support

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INFLAMMATONE is used for reducing inflammation in your body (think about joints, digestive tract, muscle injuries like exercise over-use). It's a combination of herbs, nutrients and proteolytic enzymes for modulating the inflammatory response. The ingredients in Inflammatone provide natural support for a healthy inflammatory response and help protect against oxidative stress.**



CANNAB-FS is a unique cannabinoid formula delivered as an oral or a clear roll-on that offers targeted and localized application, both containing active full-spectrum phytocannabinoids. The topical formula creates a temporary cooling/heating sensation and provides a pleasant peppermint scent.



ARTHROSOOTHE SUPREME offers ideal nutritional support for joint health and function. This synergistic formula contains powerful joint-supportive nutraceutical compounds including glucosamine sulfate, green-lipped mussel, MSM, trans resveratrol, quercetin, NAC, and a blend of the plant extracts Scutellaria baicalensis and Acacia catechu.



MAGNEGEL is transdermal magnesium gel. The primary ingredient comes from high quality magnesium salt derived from the depths of the earth's interior – all from the ancient Zechstein seabed in Europe. Ultra-pure and untouched by pollutants, this magnesium salt was protected at depths of 5,000-6,500 feet in the Zechstein seabed for the past 250 million years. This transdermal delivery system is highly efficient, allowing for rapid assimilation in the body. May support proper muscle relaxation, safe and effective detoxification, healthy mood, stress tolerance, high energy levels, healthy skin, proper immune function, quality of sleep.



Sleep Support

Sleep Support

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INOSITOL supports overall relaxation and helps maintain the proper metabolism of serotonin. It is used for the nutritional support of brain wellness and female hormonal health through its role in healthy liver function. It may also aid in attaining a restful night's sleep.



INSOMNITOL CHEWABLES are great tasting, lemon-flavored tablets formulated to support quality sleep and to promote the calming of brain activity. The product features melatonin, a multifunctional hormone involved in the circadian (day/night) biological rhythms, and 5-HTP, a precursor to the neurotransmitter serotonin. These tablets also contain vitamin B6, inositol and L-theanine for additional help in supporting the body's natural ability to fall asleep and stay asleep.



MELATONIN SRT provides 6 mg of the hormone melatonin in a sustained release tablet. As a supplement, melatonin is useful for regulating sleep and the body's daily rhythmic cycle. Various factors may cause melatonin levels to become low, such as inadequate dietary intake of its precursor tryptophan, low levels of serotonin, normal aging, insufficient exposure to natural light, and certain medications. Due to melatonin's relatively short half-life in the body, a sustained release formula may be more suitable for those who experience difficulty staying asleep through the night.



Women's Health *Support*

Women's Health Support

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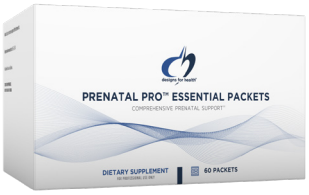
FEMGUARD+BALANCE supports classic herbal hormonal balancing in the form of vitex, polygonum and black cohosh, along with DIM and chrysin for protection and support of beneficial estrogen aromatase activity. Calcium-D-glucarate promotes the proper elimination of excess estrogens. Resveratrol and EGCg from green tea are included for maximum antioxidant protection. Vitamins B6, B12, and folate promote proper cell differentiation. Magnesium and calcium are also included to help support bone and hormone health.



WOMEN'S TWICE DAILY ESSENTIAL PACKETS provide women all their necessary nutrients in a convenient, twice daily packet. These packets do not contain iron, making them an ideal choice for women of all ages.

Each Packet contains:

- 1-Twice Daily Multi capsule
- 2-OsteoForce tablets for bone health
- 1-OmegAvail Synergy softgel (fish oil)
- 2-FemGuard+Balance capsules



PRENATAL PRO ESSENTIAL PACKETS are for women prior to and during pregnancy to help ensure optimized nutrient levels before and after conception. Two packets should be consumed daily throughout the entire pregnancy and post-pregnancy as well, especially if lactating, in order to nourish the mother and to deliver needed nutrition to the baby as well.

Each packet contains:

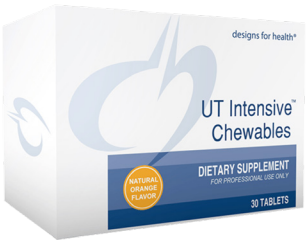
- 2 - Prenatal Pro capsules
- 1 - OsteoForce (bone support) tablet
- 1 - OmegAvail Ultra (fish oil) softgel

Women's Health Support

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UT SYNERGY is designed specifically to support the health of the urinary tract. Great for women who suffer from recurring urinary tract infections. The compounds in this supplement provide microbial inhibition and bacterial anti-adhesive properties. Additionally, this formula acts as a mild natural diuretic to support healthy kidney function and to provide a soothing effect on the genitourinary mucosal lining.



UT INTENSIVE CHEWABLES is a powerful blend of whole fruit cranberry extract and D-mannose designed to promote a healthy urinary tract. Cranberry is one of the most widely studied, time-tested, natural remedies for supporting urinary tract health. Unlike many commercially available cranberry products, which are made from juice or contain individual isolated, health-promoting phytochemicals, the cranberry extract in UT Intensive is made from the whole fruit—juice, skins, flesh, and seeds—and therefore contains the full complement of phyto-chemicals, organic acids, fatty acids and phenolics. Mannose is found in various fruits and vegetables. Its naturally occurring isomer, D-mannose, is similar in structure to certain urinary tract receptors, and thus, functions in a way which helps maintain a healthy environment in the urinary tract. This product is presented in great-tasting, chewable, orange flavored tablets.





Meal Support

Meal Support

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COCOMMUNE BAR is a delicious, nutrition-packed functional food bar. It is made up of a dark chocolate coating and a moist and creamy coconut or coconut cherry filling. It is sweetened with allulose, as well as erythritol and stevia, all of which have minimal effects on blood sugar and insulin levels. Each bar has just 3 grams net carbs with 2 grams total sugars, making this product suitable for anyone watching their carbohydrate intake. It also features natural fats from coconut and cocoa butter along with 7 grams of fiber including prebiotic fiber from inulin and larch arabinogalactan.



MochaNRG DF is a dairy-free functional food bar. It boasts a delicious mocha flavor, derived from coffee and natural cocoa powder, surrounded by a rich dark chocolate coating, and sweetened with allulose, stevia, and erythritol. This bar is an excellent between-meal snack and the perfect choice for pre or post-workout nourishment as it is fortified with the energy-supportive nutrients, carnitine and CoQ10.



KTO-BAR is a convenient, nutritious, functional food bar specifically formulated for ketogenic and low carb diets. Each delicious coconut chocolate flavored bar (55 g) provides 15 grams of fat and 10 grams of protein with a generous 6 grams of fiber and only 2 net carbs, making it an ideal snack or source of energy on the go for those following keto diets or anyone reducing their sugar intake and looking for a go-to nutritional bar with ingredients they can trust.



ESSENTIABAR is a delicious double dark chocolate flavored nutrition bar designed to provide a healthy snack food for optimizing the intake of proteins, fats, carbohydrates, and micronutrients. It is sweetened with the groundbreaking sweetener allulose, along with the polyol erythritol and the natural herb stevia. EssentiaBar is Kosher certified and free of gluten, fructose, sucrose, soy protein, and hydrogenated oils.

Meal Support

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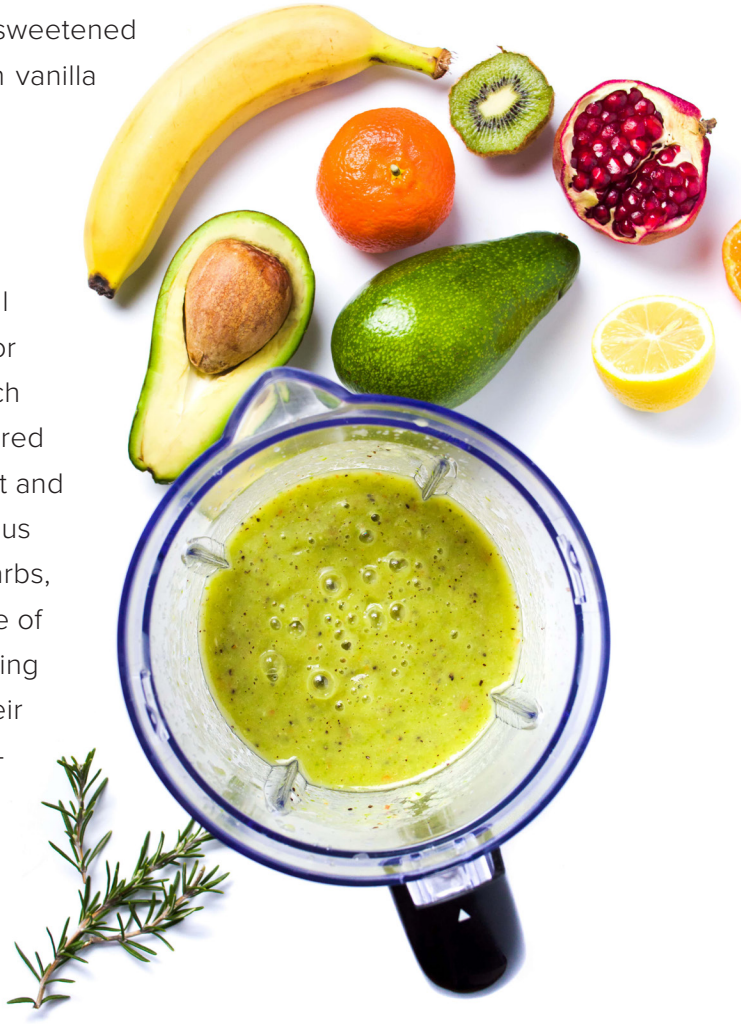
C.C.MEAL is a great tasting, dairy-free, low-glycemic food bar which features a balanced macronutrient combination of protein, carbohydrates, fats and fiber for sustained energy and hunger control. Its delicious flavor is derived from a combination of dark chocolate and tart cherries *(Prunus cerasus).*



PURE PALEOMEAL protein powder is a nutrient-dense meal supplement with complete protein, healthy fats, a very low glycemic impact, and nutrients predominantly in their bioidentical forms. It features HydroBEEF™, a highly concentrated beef protein sourced from animals raised in Sweden without hormones, and fed a diet entirely free of GMO grains, grasses, hay, and/or ensilage. Pure PaleoMeal is the perfect choice to complement any meal that may be lacking in calories and nutrients, or as a quick, convenient, nutrient-dense snack. It is free of sucrose, fructose, and artificial sweeteners, and is sweetened with stevia leaf extract. Comes in vanilla and chocolate.



VEGEMEAL protein powder is a convenient, nutritious, functional food bar specifically formulated for ketogenic and low carb diets. Each delicious coconut chocolate flavored bar (55 g) provides 15 grams of fat and 10 grams of protein with a generous 6 grams of fiber and only 2 net carbs, making it an ideal snack or source of energy on the go for those following keto diets or anyone reducing their sugar intake and looking for a go-to nutritional bar with ingredients they can trust.





For additional information or support, contact:

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