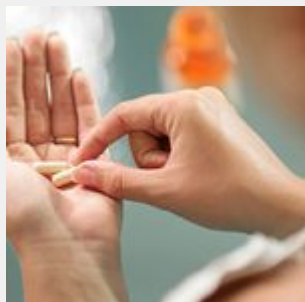


# Ask Leyla: Which supplements do you take?



**Q:** What supplements do you take and how do you determine which are most important for you given how expensive nutraceuticals can be?

**A:** Let me answer the expense question first. I consider my supplement protocol a very important adjunct to the good quality, clean food that I consume. I'm a firm believer in the saying, "when you have your health, you have everything", and to me the cost of supplementation is a tiny price to pay for keeping myself well. In fact, 'supplement expenditures' is a line item in my budget—right next to groceries.

Now, here are the supplements I take:

**Vitamin D3:** I normally take 5,000 IU daily through the winter and then have my levels checked. Depending if my level is optimal, I take it only intermittently during the summer because I'm a certified beach bum.

**Vitamin K2:** An underappreciated vitamin until recent years when I learned of its critical importance in cardiovascular and bone health. It's symbiotic with vitamin D in this regard.

**Vitamin C:** I've been taking vitamin C for as long as I can remember. As a very important antioxidant, I simply don't go without it.

**Quercetin:** A natural pigment in many vegetables and fruits, this flavanoid has anti-inflammatory and antioxidant properties in addition to the ability to quell allergy symptoms.

**DHA:** I like the emphasis of DHA for eye and brain health. It also contains the very important EPA in a smaller amount.

**Reacted Magnesium:** Composed of three kinds of magnesium—malate, glycinate and citrate. I don't know anyone who wouldn't benefit from some form of magnesium. Deficiency is endemic in our country.

**EGCG:** Even though I drink green tea regularly, the antioxidant impact of EGCG is so great that this supplement is simply too important to leave out.

**Ubiquinol:** I find the addition of ubiquinol in a healthy heart program to be superior to CoQ10 alone. It's an important antioxidant and metabolic constituent.

**Methyl-B-Complex:** An added boost in energy and metabolism.

If you're interested in ordering supplements, visit [DrHoffmanStore.com](http://DrHoffmanStore.com) and discover

Dr. Hoffman's curated selection of top-quality products.

To your health!

Leyla Muedin, MS, RD, CDN