



We use only the very best companies for supplements. These companies have their products certified and verified through independent quality checks. We discount the prices from retail value to your benefit.

prebiotics to support the growth of friendly bacteria. 12 billion live cultures.

Ultra Flora Acute Care

Unique probiotic that supports immune health and prevents for occasional loose stools. Contains *Saccharomyces boulardii*, a type of yeast used in the treatment of *C. difficile* infections.

Ultra Flora Women's

Probiotic blend of bacterial strains used to prevent and treat vaginal yeast and bacterial infections and UTIs (urinary tract infections)

RESPIRATORY

Quercetin Phytosome

Used in the treatment of allergies for its anti-histamine properties. Also a potent antioxidant.

SLEEP

Benesom

Features melatonin, which helps regulate sleep, waking, and the body's circadian rhythm. Also has calming sleep enhancing herbs Skullcap, Lemon Balm, Hops, Valerian, and Passionflower that aid sleep without decreasing sleep quality and without causing dependence unlike many sleep-aid medications.

THYROID

Iodine & Tyrosine

Essential mineral and amino acid support for the thyroid gland. Also promotes healthy adrenal function and can improve fatigue.

Iodoral

Iodine supplement to support thyroid hormone production. Used when levels are low in pregnancy to support fetal brain development.

L-Selenomethionine

This naturally occurring amino acid is a highly bioavailable form of Selenium. Selenium is a mineral that is critical for thyroid functioning. It helps to convert T4 to active T3 thyroid hormone and should be a part of every thyroid condition treatment plan. It is also a powerful antioxidant and co-factor to glutathione making it a key player in detoxification support. Selenium supplementation also might exert a protective effect against mercury, cadmium, and other toxic heavy metals.

Thyrocsin

Nutritional support for thyroid function that works by providing nutrients and botanicals for T4 production. Also assists in peripheral conversion of T4 to T3.

VITAMINS

Basic Prenatal

Well-absorbed, highly bioavailable nutrients reduce risk of stomach upset. Includes iron and bioactive form of folate to

help maintain healthy iron and folate levels.

Lypo-Spheric Vitamin C

More absorbable form of Vitamin C. Used to stimulate the immune system especially during acute illness. Powerful antioxidant that supports connective tissue repair and healing.

D 5,000

Supports bone, cardiovascular, and immune health.

D 10,000

Supports bone, cardiovascular, and immune health.

Vitamin D/K2*

Supports bone, cardiovascular, and immune health and contains Vitamin K2 which assists in placing calcium back on the bone.

MTHF 5 mg

Higher dose of methylated folate. Helpful for some people who have MTHFR mutations by supporting mood, energy and detoxification.

Age Loc Youth*

High quality, high potency antioxidant formula used to promote overall health and prevent chronic illness.

Life Pack*

High quality multivitamin developed to be highly absorbable. Includes additional antioxidant formula to promote overall health and reduce risk of chronic illness.

WOMEN'S HEALTH

Chasteberry Plus

Chasteberry helps support your body's own production of progesterone if it is out of balance. It may relieve symptoms of PMS-related water retention, cramping, breast tenderness and mild mood swings. Supports regular cycles and may be used to treat irregular periods. Also used in the treatment of infertility and PCOS.

Ferrisorb

Includes well-absorbed, non-constipating iron bisglycinate. Provides the active forms of Vitamin B-12 and folate.

DIM

Supplement from broccoli that decreases the aromatization (or conversion) of testosterone to estrogen. Helps the little estrogen that is formed to be a healthier estrogen type. Increases Free Testosterone.

FAB FIVE

- Pro Omega 2000
- Multi-Probiotic 40 billion
- Vitamin D/K2
- Age Loc Youth
- Life Pack



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The Healing Sanctuary LLC

Dr. Baker and his staff recommend that nearly every person should be on the FAB FIVE to help secure the necessary minerals and vitamins for optimal health and protection of illness and disease. These are Vitamin D, Vitamin K2, Fish Oil, Probiotics and a high quality multivitamin. We hope you will follow this counsel and reap the benefits from them!

ADRENAL SUPPORT/ STRESS SUPPORT

- Ashwagandha**
Herbal supplement that helps with stress management by supporting the adrenal and thyroid gland. Supports nerves, and both physical and mental stamina.
- Phytisone**
Blend of vitamins, minerals and herbs to support the immune system, improve energy, and improve stress response.
- DHEA micronized**
This hormone is produced by the adrenal gland and is a precursor to Testosterone and estrogen. Used in the treatment of autoimmune disease and chronic fatigue. It is recommended your provider test your levels of DHEA before starting treatment with this supplement and to monitor levels throughout treatment to establish and maintain optimal levels.
- Adreset**
Blend of Rhodiola, Asian Ginseng and Cordyceps mushroom formulated to support adrenal functioning. Used for depression, fatigue, and low DHEA and/or testosterone.

ANXIETY/DEPRESSION

- GABA**
Amino acid that acts as a neurotransmitter. It has a calming effect and can be helpful with improving sleep especially if sleep is interrupted during the night.
- Stress Free**
Emotions Blend of Ayurvedic herbs to promote emotional balance and stress response. May help reduce anxiety and irritability.
- Theanine**
An amino acid from tea for enhanced relaxation. Promotes focus, and memory, and a healthy stress response.
- Glycine**
Amino acid that can be used to treat anxiety in the moment. Best when taken away from food for best effect.

CARDIOVASCULAR

- Arginine Plus**
This amino acid promotes healthy blood pressure by causing vasodilation of blood vessels.
- CoQ Plus**
This supplement is formulated to promote heart health. It contains the powerful antioxidant CoQ10 as well as

- Hawthorn, magnesium, taurine, and potassium to promote health blood pressure and heart functioning.
- Meta-sitosterol**
Blend of plant based sterols that promote healthy cholesterol levels. Unlike many pharmaceutical medications used to treat high cholesterol, this supplement is free of dangerous side effects.
- Taurine**
Amino acid used to promote health blood pressure. It may also reduce irregular heart rhythms and be used to reduce incidence of seizures in some people.

DERMATOLOGIC

- Ozone Oil**
Topical Ozone oils to address skin infection and inflammation. Comes in coconut, olive, and sunflower oils.

DETOXIFICATION

- Calcium D Glucarate**
Supports liver detoxification. Prevents recycling of toxins back into the liver. Supports healthy hormone metabolism. Used to during chelation treatment on days not chelating to replace calcium that is chelated out.
- Chlorella Plus**
This green alga formula is considered a superfood for its anti-oxidant and anti-cancer properties. It is also a good source of protein, iron and B vitamins. It reduces transfer of toxins to babies if taken during pregnancy and during nursing. It also chelates heavy metals from the gut and is a good adjunct to chelation therapy or as a daily preventative measure.
- Green tea Phytisone**
This supplement contains the high potency catechin EGCG that can help with weight loss, prevent and help treat cervical dysplasia (abnormal PAP results), and support detoxification. It is caffeine free.
- Heavy Metal Support**
Contains essential nutrients for detoxification support and helps replenish minerals lost from detoxification. Also contains important kidney-protective botanicals.
- NAC**
NAC (N-acetylcysteine) is a potent amino acid that increased glutathione levels to support liver detoxification. It is also an effective respiratory decongestant.
- L-Selenomethionine**
This naturally occurring amino acid is a highly bioavailable form of

- Selenium. Selenium is a mineral that is critical for thyroid functioning. It helps to convert T4 to active T3 thyroid hormone and should be a part of every thyroid condition treatment plan. It is also a powerful antioxidant and co-factor to glutathione making it a key player in detoxification support. Selenium supplementation also might exert a protective effect against mercury, cadmium, and other toxic heavy metals.
- Clear Change 10 day**
10 day detoxification program with nutritional support and herbs to help with detoxification.

DIABETIC/METABOLIC

- Berberine 500**
Herbal supplement used to lower blood sugar in diabetes or PCOS. Antimicrobial properties used to treat bacterial or fungal infections or gut bacteria imbalances in the gastrointestinal track.
- Meta-Lipoate**
ALA is a powerful antioxidant that helps protect nerves and can be used to reduce neuropathy. Helps to carry some heavy metals out of the body.
- Neurochondria**
Combination of antioxidants like ALA and CoQ10 and vitamins formulated to help protect kidney and nerves that can be damaged by high blood sugar. Also supports mitochondria, the cell's energy centers. Can improve energy to address chronic fatigue.

FISH OIL

- ProOmega 2000***
Offers Extra High Concentration of Both EPA and DHA. Nordic Naturals is a high quality brand that provides contamination free fish oil.

GI/DIGESTION

- Aci-Balance**
Helps Relieve acid indigestion by balancing stomach acidity. Relieves Flatulence and sour belching.
- B.P.P.**
Contains HCL and pancreatic enzymes to promote digestion of proteins, carbs, and fats. Benefits individuals with occasional indigestion.
- CandiBactin-BR**
This supplement is used in the first phase of gut healing kill off "bad" bacteria or yeast. It can also reduce overgrowth of certain

strands of gut bacteria so that a foundation for a more balanced and diverse microflora can be established. Because it contains berberine it is also helpful for supporting liver detoxification, can help regulate blood sugar, and can assist in weight loss.

- DigesTone (Triphala)**
This supplement is our number one choice for treatment of constipation. Unlike other medications and supplements used to treat constipation, there is no potential for dependency. It is a combination of three herbs that help tone the muscle of the bowel to promote regular bowel movements. It also is a great source of anticancer antioxidants.
- GI Encaps**
Helps maintain stomach and esophageal health and enhances the stomach's protective mucus layer. Helpful to take when trying to get off anti-acid medications to treat acid reflux.
- Mag Glycinate**
Highly absorbable magnesium that supports muscle relaxation and nervous system health, helps with muscle cramps, and helps with digestion and sleep.
- G₃**
A high antioxidant superfruit juice validated by science to support cellular rejuvenation and immune health. Sweet and slightly tart, g3 delivers nutritional benefits and antioxidant protection.

IMMUNE SUPPORT

- Andrographis Plus**
Support for upper respiratory, liver, and immune system health. Supplies antioxidant and revitalizing properties.

MUSCULOSKELETAL

- Meriva 500 SF**
Turmeric/Curcumin is an herb with incredible anti-inflammatory properties. This supplement is formulated to be the most absorbable form available. It can be an effective alternative to tylenol and ibuprofen for muscle and joint pain without side effects. It also has the health promoting properties of helping detoxification and supporting the liver.

PROBIOTICS

- Multi-Probiotic 40 billion***
Multi-strain probiotic that offers natural support for gastrointestinal health. Combines beneficial probiotics with