



Winter Wellness Essentials

From your Dakota Pharmacy & Natural Health Center Team:

Vitamin C 500-1000mg twice daily

Suggest: **Buffered Vitamin C with Bioflavonoids** by *Dakota Serenity Nutrition* or *Metabolic Maintenance*

Ultra Potent-C by *Metagenics*

Buffered ascorbic acid by *Pure encapsulations*

Vitamin D3 1,000-2,000IU daily (test levels every 3-4 months to monitor appropriate dosing)

Suggest: **Vitamin D3** by *Dakota Serenity Nutrition*

Vitamin D3 by *Pure encapsulations*

Zinc 20-50mg daily (add up all zinc in current supplements before adding more)

Suggest: **Zinc Pro 20mg** by *NutriDyn*

Zinc Plus 12mg + Vit C 64mg by *InterPlexus*

Zinc Glycinate 54mg by *Dakota Serenity Nutrition*

Zinc Picolinate 50mg by *Douglas Labs*

Probiotics 15-50B CFU Multi Strain taken daily (probiotic formula should be rotated every 3-4 months)

Suggest: **Enterobiotic S-IGC** by *Natural Creations*

Ther-Biotic Complete by *Klaire Labs*

UltraBiotic Daily Multi-Strain by *NutriDyn*

Pro Flora Balance by *Dakota Serenity Nutrition*

Probiotic 50B by *Pure encapsulations*

Spore Probio by *TonicSea*

OrthoBiotic by *Ortho Molecular*

Purchase a combination of all four of the *Winter Wellness Essentials* and receive a 10% discount
(20% discount for enrolled Dakota Serenity Quest Members)