

# The Scoop on Supplements

Our motto when it comes to most nutrients is “food first.” Supplements aren’t a substitute for nutrient-dense whole foods. That said, even the perfect diet may still not deliver 100% of the nutrients you need on a daily basis...which is where supplements can help! We recommend supplements as more of an “insurance policy” to help bridge any nutritional gaps. They can also be used therapeutically to address specific health concerns (we recommend working with a nutritionist or naturopathic doctor to address any health conditions). For general health and wellness, though, here are our top recommendations::

## OUR TOP RECOMMENDATIONS

Multivitamin	<p>Soil quality (many minerals in food actually come from the soil!), gut health (crucial for nutrient absorption), and other factors play a role in nutrient status so we recommend taking a high-quality multi as an “insurance policy” to cover our bases. We generally recommend whole food-based multis versus synthetic versions for increased absorption and tolerance.</p> <p>Favorite Brands: New Chapter, Garden of Life, MegaFood, Ritual</p>
Fish Oil	<p>Omega-3’s are great for skin, mental health, heart health and more! Since most of us aren’t eating enough fatty fish to get the benefits, we recommend supplementing with a sustainably sourced omega-3 fish oil or algae-based omega-3.</p> <p>Favorite Brands: Nordic Naturals, Carlson Labs Cod Liver Oil, Ora Organic</p>
Probiotics	<p>It’s now known how crucial our gut health is to our overall health and wellbeing. Probiotics help keep our gut microbiome balanced by boosting the ratio of friendly to unfriendly bacteria. If you’re not eating probiotic-rich foods (yogurt, kimchi, kombucha, kefir, sauerkraut) daily, a probiotic supplement is generally a good idea. The “best” probiotic is still up for debate and varies person to person so experiment with what works best for you.</p> <p>Favorite Brands: Seed, MegaSporeBiotic, Metagenics UltraFlora Spectrum, YouTheory Sporebiotic</p>
Vitamin D	<p>The best way to get vitamin D is through sun exposure (about 15-30 minutes of unprotected sun exposure three days a week). But we know that’s not always possible depending on where you live. Vitamin D - which is actually more of a hormone than a vitamin - is essential and since a large number of the population is deficient, it’s generally safe to recommend supplementation. However, you can easily get your vitamin D levels tested so if that’s an option, we recommend testing before supplementing.</p> <p>Favorite Brands: Carlson Labs Cod Liver Oil, Metagenics D3 + K, NOW Foods</p>