

# Optim<sup>Σ</sup>zed Health

\*Refer to respective bottles for daily supplement serving dosages.

## **(Optional) Vitamins, Minerals:**

**Vitamin D3: (1 bottle)**

<https://amzn.to/2Bh49MA>

**Neptune Krill Oil: (1 bottle)**

<https://amzn.to/2BQj7sN>

**Magnesium L-Threonate: (1 bottle)**

<https://amzn.to/3g9VIBM>

**B-Complex Vitamins: (1 bottle):**

<https://amzn.to/3gMxeyz>

**Zinc w/ Copper: (1 bottle)**

<https://amzn.to/31Ejjqj>

**Organic Bentonite Clay**

<https://amzn.to/3jPkAku>

