

Supplements Shopping List

The following supplement recommendations are courtesy of Heinen's Wellness Consultant Carla Iafelice. Please consult with your physician before starting a new supplement.

Whole Food Multivitamin

- Garden of Life Vitamin Code Raw Multivitamin for Women
- Garden of Life mykind Organics
- MegaFood Whole Food Multivitamin

Algae- Based Omega-3 Supplement

- Nordic Naturals Algae Omega
- Nutritional Roots DHA Omega 3
- Heinen's DHA

Turmeric and Curcumin

- New Chapter Turmeric Force
- Garden of Life mykind Extra Strength Turmeric.

Probiotics

- Garden of Life Dr. Formulated Probiotics
- New Chapter Shelf Stable Probiotics

Vitamin D

- Garden of Life mykind Organics Vegan D3 Organic Spray
- Nutritional Roots Plant-Based Vitamin D3
- Garden of Life Vitamin Code Raw D3