



CLAIRPOINTE
FAMILY CHIROPRACTIC

Dr. Shoe's Top Ten Supplements for Great Health

www.clairpointe.com

1. **Orthomega Fish Oil:** clearly the best on the market by using smaller young fish that prevents over processing like commercially available fish oils. If you are only going to take one supplement, then this is it.
2. **Glucosamine Sulfate/Collagen:** these are two separate products and are the basic building blocks of joint and soft tissue repair. Glucosamine is for newer acute injuries and Collagen for older, chronic issues
3. **CoQ-10:** statin medications used to lower blood cholesterol depletes your body of this essential cardiovascular antioxidant and must be replenished
4. **Cardio B:** B Vitamins are required for the normal function of your heart muscle and valves. These vitamins are depleted by alcohol, tobacco products and a stressful lifestyle
5. **AdreneVive:** a high stress lifestyle also depletes your adrenal gland and its normal function. This product goes hand in hand with Cardio B.
6. **Natural D-Hist:** many Midwesterners suffer from seasonal allergies and sinus issues. This product strengthens your immune response and can make a tremendous difference in the Spring and Fall months
7. **Sinatrol:** Unlike D-Hist, this product is ideal for the people who have more chronic, year-round sinus issues like me!
8. **Sago C and Zinc Lozenges:** this is our cold and flu kit, that when used correctly can get you through the year with little to no illnesses. Even if you do get a virus it is generally short lived. I have been using for nearly 40 years.
9. **Bioslife 2:** is a powdered fiber product with chromium that helps lower cholesterol naturally while supporting strong sugar metabolism.
10. **Alpha Base Multi:** there is no way that a single "one a day" vitamin could contain all of the nutrients necessary for a healthy life. This product comes in a daily packet and includes every daily nutrient.