

Ask Leyla: Which supplements do you take?



Q: What supplements do you take and how do you determine which are most important for you given how expensive nutraceuticals can be?

A: Let me answer the expense question first. I consider my supplement protocol a *very* important adjunct to the good quality, clean food that I consume. I'm a firm believer in the saying, "when you have your health, you have everything", and to me, the cost of supplementation is a tiny price to pay for keeping myself well. In fact, 'supplement expenditures' is a line item in my budget—right next to groceries.

Now, here are the supplements I take:

Vitamin D3: I normally take 5,000 IU daily through the winter and then have my levels checked. Depending if my level is optimal, I take it only intermittently during the summer because I'm a certified beach bum.

Alpha Base without iron: The multivitamin/mineral formula I take to round everything out.

Vitamin C: I've been taking vitamin C for as long as I can remember. As a very important antioxidant, I simply don't go without it.

DHA: I like the emphasis of DHA for eye and brain health. It also contains the very important EPA in a smaller amount.

Vitamin K2: An underappreciated vitamin until recent years when I learned of its critical importance in cardiovascular and bone health.

Magnesium Taurate: The taurate form of magnesium is targeted for heart and blood vessel health. Excellent for those with mitral valve prolapse. I don't know anyone who wouldn't benefit from some form of magnesium. Deficiency is endemic in our country.

Ubiquinol: I find the addition of ubiquinol in a healthy heart program to be superior to CoQ10 alone. It's an important antioxidant and metabolic constituent.

Methyl-B-Complex: An added boost in energy and metabolism.

If you're interested in ordering supplements, visit DrHoffmanStore.com and discover Dr. Hoffman's curated selection of top-quality supplements.

To your health!

Leyla Muedin, MS, RD, CDN

Email your questions to RadioProgram@aol.com.