

# Foundational Nutritional Support



Dr. Hyman's supplement stack recommendation for optimal healthy support

## Recommended Usage and Benefits

### Multi t/d

**Take 2 daily.** Helps support ocular, nervous system and cardiovascular health, cellular health and supports immune system.

### Omega-3 Rejuvenate

**Take 1 daily.** Support for heart & cardiovascular health.

### Seed DS-01 Synbiotic

**Take 2 daily.** Probiotics stimulate intestinal immune cells and commensal microflora to modulate specific immune functions and immune homeostasis.

### Vitamin D Supreme

**Take 1 daily.** Anti-inflammatory that is critical for optimal immune function, and this cannot be achieved without supplementation (especially during the winter months).

### Magnesium Glycinate 120mg

**2 daily at night-** Essential for cardiac and neuromuscular function, acid-alkaline balance, metabolism of carbs, proteins and fat, energy production and the utilization of many other important nutrients.

## Supplements will ship as needed to maintain optimal levels

If you have any questions or concerns regarding the supplements or their usage, please don't hesitate to contact our customer support team. You can reach us at [support@drhyman.com](mailto:support@drhyman.com) or call us at [1-888-702-2995](tel:1-888-702-2995)

We hope this guide helps you make the most of your supplement stack. Remember, consistency is key in achieving optimal results. Here's to your health and well-being!

\*Information and statements regarding dietary supplements available on this Website have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.