

Addiction Bundle

Created by Paul Thomas MD - Retired on Jan 18, 2024

When adding supplements to your wellness plan, please consult with your trusted healthcare professional. It is wise to add one new supplement at a time in case you have unpleasant side effects. All information on this platform is informational and not intended to diagnose or treat.

Products

Items		Instructions	Price
	Vitamin D3 10,000 + K (60 Softgels) Metagenics In Stock	Additional Instructions one every other day (increase to one daily if your vitamin D levels remain below 50 ng/dL)	\$23.99
	UltraClear® RENEW, Berry (756 Grams) Metagenics In Stock	Additional Instructions 2 scoops daily mixed well in cold water, juice, almond milk or smoothie. available in vanilla and Chai flavors also.	\$74.99
	Suntheanine L-Theanine (60 tablets) Natural Factors In Stock	Additional Instructions 1 - 2 tablets three times a day for stress as needed	\$20.24

Items**Instructions****Price****Tranquil Sleep® Chewable Tablets, Tropical Flavor (60 tablets)****Additional Instructions**

Take 1 - 2 an hour before bed time to help with falling asleep

\$23.99

Natural Factors

In Stock

**Emotion Balance Support (formerly Deproloft-HF) (120 capsules)****Additional Instructions**

one twice a day

\$45.74

Thorne

In Stock

**Theanine (90 capsules)****Additional Instructions**

one capsule 1 to 3 times a day as needed

\$48.74

Thorne

In Stock