

## General Health for Men and Boys

Vitamins and minerals are essential for the health and well-being of our entire body. A deficiency of these nutrients can lead to serious health concerns. Studies show that a high percentage of adults and children in the United States and other developed countries eat less than the minimum daily allowance of 10 or more essential nutrients.

In 2002, *JAMA (Journal of the American Medical Association)*, one of the most highly respected medical doctor journals in the world, said “it appears prudent for all adults to take vitamin supplements.” As we get older, our need for nutrients increases, making vitamin supplementation even more important.

### Self Care

- [How healthy is your diet?](#)
- [Life stress questionnaire](#)
- [Exercise Options.pdf](#)
- [Prostate Questionnaire](#)

### Supplements

#### Primary

- [Ultramultilogics for Men -](#) comprehensive multivitamin, mineral & herb supplements optimized for men.
- [EPA/DHA 950 mg](#) –promotes cardiovascular and neurological health.
- [Calsorb](#) – a calcium citrate supplement specially designed for optimum bone health.
- [Vitamin D3](#) – 2,000 IU daily to be taken with your calcium supplement for bone health and muscle strength. It’s estimated that around 80% of Americans are Vitamin D deficient. Vitamin D is instrumental in heart, bone, muscle, and immune health as well as cancer prevention. Ask your health care provider for a Vitamin D 25 test to assess your levels.

#### Secondary

- [DIM](#) – Diindolymethane is a plant compound with health-promoting properties, found naturally in cabbage, broccoli, Brussels sprouts and cauliflower. This supplement promotes a beneficial shift in the balance of the sex hormones estrogen and testosterone so both are more readily absorbed.
- [Adrenal Power Powder](#) – at times of high stress, replacing lost minerals and vitamins can help the adrenal glands produce fewer stress hormones. This refresher helps to support natural adrenal function in exhausted states. Add this powder to your smoothie or juice.

- [Multilogics Children's Animal Chews w/calcium](#)– A berry flavor multivitamin specialty formulated for young developing bodies. Includes calcium to promote healthy teeth and bones plus the essential vitamins A, B, C, and more for yummy daily nutritional support.
- [Men's Healthy Libido](#) – a short-term energy and libido enhancer for men. Supports healthy hormone production, sex drive and sperm count.
- [B Complex Sublingual liquid wit B12](#) - a multifunctional blend of important B Vitamins, including B-2, B-6, B- 12, Niacin, and Pantothenic Acid. B Vitamins are essential for normal formation of blood cells, and also support a healthy nervous system, energy metabolism, and vision health.\* The body requires a daily source of B Vitamins because B Vitamins are water-soluble.
- [Ocular Defense Plus](#)- an extraordinary combination of nutrients, including Lutein, Riboflavin, and Beta-Carotene for comprehensive support of eye function and antioxidants Vitamins C, Vitamin E and Selenium for oxidative support.\*