



ADDRESS ROADMAP COURSE NOTES

Samantha Lotus - Real Life But Better

Module 6: SUPPLEMENTS AND HYDRATION

Foundational Supplements:

- Magnesium

Your body requires Magnesium to relax

- Vitamin D

Important for every function of the body. Specifically for healthy bones, healthy teeth, all the cartilage fibers in the body, and our mood.

- Omega-3 oil

Omega-3 oil's are what affects inflammation. There are two components to omega-3's that are very important: EPA and DHA. These oils are very beneficial for every function in the body, the heart, the circulatory system, immune system, endocrine, all of your hormones and the brain.

- Probiotics

Promote good gut health, that helps with the immune system, endocrine system, skin health, heart health and more!

- Reishi mushroom

It really helps with environmental toxins and internal detox and regulation.

- Adrenal formulas.

The adrenal glands produce your stress hormones, and regulate our response to stress.

Hydration

Your body is made up is made up of approximately 70% water, It's so important to have a good filtration system! Some great ones include:

- [Santivia](#)
- [Berkey](#)

Sam's Supplements:

- High quality greens supplement
- High quality Omega 3's
- HMS Neuro capsules.
- Magnesium
- Digestive enzymes
- High quality Multivitamin with botanicals
- Adrenal Formula
- L glutamine
- Vitamin C
- Selenium
- Acetylcholine
- Herbal Laxatives
- Oil of oregano
- Chaga