

## Helpful Supplements

Nutrient	Dosage	Action
High-potency multivitamin with minerals	Use as directed	Ensures adequate intake of vitamins and minerals
High-potency B-complex (ensure supplement has 400 micrograms of folic acid; if not, add separately)	Two to three capsules daily	Rids tissues of water; reduces stress
Calcium	1,200 mg	Compensates for high levels of sodium, which lead to water retention
Magnesium	500 mg	Also compensates for high levels of sodium
Vitamin C (with bioflavonoids)	3,000 mg	Helps stabilize cell walls; assists the adrenals in controlling body fluids

Source: alive *Encyclopedia of Natural Healing* (1997); *Healthy Immunity* by Lorna Vanderhaeghe (John Wiley & Sons, 2001).