

Supplement	Uses	Possible Side Effects	Total Benefits
Aloe Vera	Acid Reflux, Arthritis, Blood Sugar, Eczema, Hair, IBS, Immune, Inflammation, Skin	Abdominal Cramps, Blood Sugar Medications, Breastfeeding, Contact Dermatitis, Potassium Loss	9
Apple Cider Vinegar	Aging, Blood Sugar, Cholesterol, Detoxification, Digestion, Heart, Infections / Parasites, Skin, Weight	Allergic reactions, nausea, diarrhea.	9
Artichoke Leaf	Blood Pressure (High), Cholesterol, Digestion, Liver	Diarrhea, nausea, abdominal cramping.	4
Astaxanthin	Aging, Allergies, Antioxidants, Arthritis, Brain, Heart, Immune, Inflammation, Skin	Generally safe, but can cause mild digestive upset in some people.	9
Beet Root	Blood Pressure (High), Circulation, Detoxification, Energy	Drowsiness, headache, potential for vivid dreams.	4
Berberine	Blood Pressure (High), Cholesterol, Heart, Immune, Infections / Parasites, Inflammation, Mood, Weight	Constipation, kidney stones, digestive upset.	8
Betaine Hydrochloric	Detoxification, Digestion, Gut Health, Inflammation	Digestive upset, allergic reactions.	4
Black Tea	Allergies, Antioxidants, Blood Pressure (High), Blood Sugar, Brain, Cancer, Cholesterol, Heart, Stroke, Weight	Nausea, diarrhea, skin rash.	10
Black Walnut Hulls	Detoxification, Digestion, Infections / Parasites	Potential for toxicity, gastrointestinal issues.	3
Blueberries	Allergies, Antioxidants, Blood Pressure (High), Brain, Heart, Skin	Rare: stomach upset, headaches.	6
Boswellia	Arthritis, Digestion, Inflammation, Joints	Gastrointestinal issues, potential interactions with medications.	4
Bromelain	Cancer, Digestion, Immune, Inflammation, Weight	Caffeine effects, digestive issues, potential iron absorption interference.	5
Calcium	Blood Pressure (High), Bones, Cancer, Heart, Muscles, Weight	Allergic reactions, mild gastrointestinal symptoms.	6
Cayenne Pepper	Circulation, Digestion, Weight	Headaches, digestive upset, possible interaction with blood thinners.	3
Chicken Bone Broth	Aging, Bones, Digestion, Hair, Immune, Inflammation, Joints, Skin, Weight	Allergic reactions, digestive upset.	9
Chili Powder	Cholesterol, Circulation, Heart, Inflammation	Allergic Reaction, Digestive Irritation, Gastrointestinal Discomfort, Heat Sensitivity	4
Chlorophyll	Cancer, Detoxification, Digestion, Immune, Infections / Parasites, Skin	High calorie content, caffeine effects, potential for dental issues.	6
Collagen	Bones, Eczema, Hair, Joints, Skin	Skin irritation, flushing, potential liver issues at high doses.	5
Colostrum	Cell Growth, Digestion, Gut Health, Hair, Immune, Muscles	Overhydration, imbalance in electrolytes.	6
Cranberry	Antioxidants, Blood Pressure (High), Blood Sugar, Cancer, Cholesterol, Digestion, Heart, Immune, Inflammation, Skin, Urinary Tract Infections, Weight	Acid Reflux, Blood Sugar, Food Allergy, Kidney Stones, Weight Gain	12
Curcumin	Allergies, Alzheimers, Antioxidants, Arthritis, Cancer, Eczema, Inflammation, Joints, Kidneys, Pancreatitis	Stomach irritation, sweating, burning sensation.	10
Dandelion Root	Blood Pressure (High), Blood Sugar, Cancer, Cholesterol, Detoxification, Digestion, Immune, Inflammation, Kidneys, Liver, Weight	Upset stomach, tooth enamel erosion, digestive issues.	11
Dark Chocolate (Flavonol)	Aging, Allergies, Antioxidants, Blood Pressure (High), Brain, DNA, Heart	Rare: digestive upset, masking B12 deficiency.	7
Digestive Enzymes	Acid Reflux, Cystic Fibrosis, IBS	Allergic Reactions, Gastrointestinal Issues, Headaches, Increased Risk of Infection, Interactions with Medications	3
Electrolytes	Dehydration (Alcohol), Energy, Muscles	Rare: digestive issues, potential interactions with medications.	3
Folic Acid (B9)	Anemia, Cell Growth, DNA, Kidneys	Fishy aftertaste, gastrointestinal issues, potential for bleeding at high doses.	4
Fo-Ti	Aging, Brain, Hair, Liver, Skin	Rare: potential for interference with mineral absorption.	5
Gaba	Blood Pressure (High), Brain, Mood, Sleep	Hyperkalemia (high potassium levels), heart issues.	4
Garcinia Cambogia	Cholesterol, Weight	Toxicity at high doses, potential for birth defects.	2
Garlic	Aging, Blood Pressure (High), Brain, Bones, Cholesterol, Circulation, Detoxification, Digestion, Heart, Immune, Stroke	Gas, bloating, allergic reactions.	11
Ginger	Blood Sugar, Brain, Cancer, Cholesterol, Digestion, Heart, Inflammation, Weight	Allergic reactions, high sodium content in some brands.	8
Glutamine	Allergies, Antioxidants, Cholesterol, Digestion, Immune, Muscles	Constipation, nausea, potential for iron overload.	6
Green Tea	Allergies, Antioxidants, Blood Sugar, Brain, Bones, Cancer, Cholesterol, Heart, Mood, Stroke, Weight	Red urine or stools, potential kidney stones.	11
IP6	Allergies, Antioxidants, Cancer, Cholesterol, Immune	Iodine toxicity, gastrointestinal issues.	5
Iron	Anemia, Brain, Energy, Immune, Skin, Sleep	Diarrhea, liver issues, potential for interaction with medications.	6
Ivermectin	Energy, Immune, Infections / Parasites	Rare: yellow urine, potential for mild gastrointestinal upset.	3
Jerusalem Artichoke	Blood Pressure (High), Digestion, Gut Health, Inflammation	Rare: digestive upset, headache.	4
Lanolin	Eczema, Hair, Skin	Caffeine effects, potential for digestive issues.	3
Lion's Mane	Brain, Mood	Rare: mild gastrointestinal upset, possible interactions with certain medications.	2
Lysine	Bones, Hair, Mood, Muscles, Skin, Sleep, Stroke	Amino Acid, Calcium, Cholesterol, Diarrhea, Gallstones, Headaches, Kidney Stones, Lipid	7
Magnesium	Blood Pressure (High), Bones, Energy, Muscles, Sleep, Stroke	Drowsiness, headaches, digestive issues.	6
Melatonin	Mood, Sleep	Flushing, itching, potential liver toxicity at high doses.	2
Milk Thistle	Detoxification, Immune, Liver, Pancreatitis	Potential for mercury contamination, fish allergies.	4
Moringa	Blood Pressure (High), Blood Sugar, Cancer, Energy, Hair, Heart, Infections / Parasites, Inflammation, Skin, Weight	Gastrointestinal issues, low blood sugar, possible drug interactions.	10
Niacinamide	Aging, Kidneys, Mood, Skin	Allergic reactions, digestive issues.	4
Nitric Oxide	Blood Pressure (High), Brain, Circulation, Muscles	Headache, dizziness, nausea, methemoglobinemia, respiratory irritation, pulmonary edema, hypotension, lung damage, toxic effects	4

Omega 3	Arthritis, Brain, Cancer, Cholesterol, Circulation, Eczema, Heart, Inflammation, Mood, Pancreatitis, Sleep, Stroke	Stomach upset, heartburn, nausea.	12
Potassium	Blood Pressure (High), Muscles, Stroke	Selenosis (toxic levels), digestive issues.	3
Potassium Iodide	Mucus, Thyroid	Gastrointestinal upset, kidney stones in high doses.	2
PQQ	Allergies, Antioxidants, Brain	Toxicity at high doses, hypercalcemia.	3
Probiotics	Acid Reflux, Digestion, Eczema, Immune, Inflammation, Mood, Pancreatitis, Skin, Urinary Tract Infections, Weight	Allergy, Constipation, Digestion, Headaches, Histamine Production, Weight Gain	10
Propolis	Immune	Caffeine effects, potential for digestive issues.	1
Pure Graviola	Allergies, Antioxidants, Blood Sugar, Cancer, Immune, Inflammation, Weight	Digestive issues, headache, potential liver problems.	7
Quercetin	Allergies, Antioxidants, Blood Pressure (High), Cancer, Heart, Inflammation	Bad breath, digestive upset, allergic reactions.	6
Resveratrol	Aging, Allergies, Antioxidants, Blood Pressure (High), Blood Sugar, Heart, Kidneys, Weight	Allergic reactions, digestive issues.	8
Riboflavin	Allergies, Antioxidants, Energy, Skin	Rare: nausea, irritability, potential for allergic reactions.	4
Salmon	Bones, Heart, Inflammation, Joints, Mood, Skin, Weight	Nausea, digestive issues, possible interference with copper absorption.	7
Selenium	Allergies, Antioxidants, Asthma, Brain, Cancer, Heart, Immune, Liver, Thyroid	Green stools, digestive upset.	9
Thiamin	Energy, Kidneys	High doses can interfere with blood clotting, digestive issues.	2
Turkey Tail Mushroom	Blood Sugar, Cancer, Gut Health, Immune, Weight	Dizziness, nausea, potential for drug interactions.	5
Turmeric	Allergies, Antioxidants, Inflammation, Joints, Mood, Muscles	Stomach upset, potential for blood thinning effects.	6
Vitamin A	Immune, Kidneys, Skin	Mild gastrointestinal upset, potential allergic reactions.	3
Vitamin B12	Anemia, Bones, Dehydration (Alcohol), Energy, Hair, Mood, Skin, Stroke	Digestive issues, allergic reactions.	8
Vitamin B3 (Niacin)	Cholesterol, Circulation, Digestion, Energy, Skin	Gas, bloating, digestive discomfort.	5
Vitamin C	Aging, Allergies, Antioxidants, Blood Pressure (High), Cancer, Energy, Hair, Immune, Kidneys, Pancreatitis, Skin, Stroke	Insomnia, anxiety, upset stomach.	12
Vitamin D3	Arthritis, Bones, Eczema, Immune, Mood, Stroke	Allergic reactions, skin irritation.	6
Vitamin E	Allergies, Antioxidants, Brain, Eczema, Heart, Immune, Pancreatitis, Skin	Rare: digestive issues, allergic reactions.	8
Vitamin K	Bones, Heart	Rare: allergic reactions, potential interaction with blood thinners.	2
White Tea	Allergies, Antioxidants, Blood Sugar, Brain, Cancer, Heart, Weight	Heartburn, digestive upset, potential interaction with blood thinners.	7
White, Black, Green Tea combo	Allergies, Antioxidants, Blood Pressure (High), Blood Sugar, Brain, Bones, Cancer, Cholesterol, Heart, Mood, Stroke, Weight	Rare: stomach upset, decreased Blood Pressure (High).	12
Zinc	Aging, Cell Growth, Dehydration (Alcohol), Eczema, Immune, Inflammation, Liver, Skin	Stomach upset, nausea, possible blood thinning effects.	8