

*Guiding You Since 1956*



*The Nutrition Experts*



**Michael Dworkin, P.D., M.S.**  
 Registered Pharmacist  
 Certified Clinical Nutritionist  
 CT Cert #00203  
 Available for Consultation



**J. Erika Dworkin**  
 Nutrition Consultant  
 Dip.C.N./  
 Bd. Cert. Holistic Nutr. (Pend.)



## GETTING STARTED

NUTRITIONAL SUPPLEMENT	WOMEN	MEN
<b>THE BASICS</b>		
Multi-Vitamin/ Mineral	√	√
Fish Oil (Omega-3 Fatty Acids)	√	√
Probiotics (Refrigerated)	√	√
CoQ10 (Ubiquinol)	√	√
Vitamin D3	√	√
<b>OTHERS TO CONSIDER</b>		
Extra Antioxidants ➤ Curcumin ➤ Resveratrol ➤ ACES	√	√
DIM	√	
Evening Primrose Oil (Omega-6 Fatty Acids)	√	
Progesterone Cream	√	
Vitex	√	
Black Cohosh	√	
Saw Palmetto		√
Nettles		√
Beta-Sitosterol		√
Pumpkin Seed Oil		√