

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
THE BASICS		
Multi-Vitamin/ Mineral	√	√
Fish Oil (Omega-3 Fatty Acids)	√	√
Probiotics (Refrigerated)	√	√
CoQ10 (Ubiquinol)	√	√
Vitamin D3	√	√
OTHERS TO CONSIDER		
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		√