



Dr. Pedi
NATURAL HEALTH

Complete Supplement Guide

Immune · Detox · Energy · Brain · Sleep · General Health · Skin · Gut · Protein

Evidence-informed protocols to help you feel your best — naturally.

WELCOME

Why Supplements? Why Now?

Most people are walking around with nutrient gaps they don't even know about. Modern diets, chronic stress, and environmental toxins deplete the very nutrients your body needs to function at its best. This guide gives you my nine core protocols — the same ones I recommend to my patients — so you can start feeling the difference. The information in this guide is for educational purposes only. Always speak with your doctor or qualified healthcare provider before starting any new supplement.

DO ANY OF THESE SOUND FAMILIAR?

<p>Immune & Allergy Support</p> <ul style="list-style-type: none"> ● Frequent colds or infections ● Seasonal allergies ● Slow wound healing ● Chronic inflammation ● Autoimmune flare-ups 	<p>Detoxification</p> <ul style="list-style-type: none"> ● Fatigue after eating ● Skin breakouts ● Chemical sensitivities ● Bloating or sluggishness ● Brain fog 	<p>Energy Support</p> <ul style="list-style-type: none"> ● Afternoon energy crashes ● Waking unrefreshed ● Reliance on caffeine ● Low motivation ● Muscle weakness
<p>Brain & Memory</p> <ul style="list-style-type: none"> ● Poor focus or concentration ● Memory lapses ● Mental fatigue ● Mood instability ● Slow processing speed 	<p>Sleep & Stress</p> <ul style="list-style-type: none"> ● Difficulty falling asleep ● Waking during the night ● Anxiety or racing thoughts ● Chronic stress or burnout ● Low stress tolerance 	<p>General Health Support</p> <ul style="list-style-type: none"> ● General low energy ● Nutritional gaps in diet ● Poor immune resilience ● Digestive irregularity ● General aging concerns
<p>Skin, Hair & Nails</p> <ul style="list-style-type: none"> ● Brittle or thinning hair ● Weak or ridged nails ● Dry or dull skin ● Slow wound healing ● Premature skin aging 	<p>Gut Support</p> <ul style="list-style-type: none"> ● Bloating after meals ● Irregular digestion ● Food sensitivities ● Low energy after eating ● Brain fog 	<p>Protein Powders</p> <ul style="list-style-type: none"> ● Difficulty building or maintaining muscle ● Slow recovery after exercise ● Low energy or fatigue ● Poor wound healing ● Cravings or blood sugar swings

If you identified with any of these symptoms, the protocol in that section was built for you. Consult your doctor before starting any new supplement regimen.

Immune & Allergy Support

A well-regulated immune system is your first line of defense — against infections, environmental triggers, and chronic inflammation. These supplements support immune resilience and healthy inflammatory response year-round.

1 K2 + D3

Vitamin D3 is essential for immune regulation and inflammatory control, while K2 ensures proper calcium utilization. Together they support immune resilience, mood, and bone health.

2 Liposomal Glutathione

Known as the body's master antioxidant, glutathione plays a central role in immune defense and detoxification. The liposomal form offers superior absorption compared to standard capsules.

3 Mycommunity

A comprehensive blend of medicinal mushrooms that supports innate and adaptive immune function. Mushrooms like reishi, turkey tail, and chaga have been used for centuries to strengthen immune resilience.

4 Aller-C

A targeted combination of vitamin C, quercetin, and bioflavonoids that supports healthy histamine response and seasonal allergy symptoms naturally.

5 PhytoMulti® Multivitamin

A phytonutrient-rich multivitamin that goes beyond basic vitamins and minerals to provide plant compounds that activate the body's natural defense systems at the cellular level.

LIFESTYLE TIP

Support your immune system year-round, not just when symptoms hit — consistency is what builds lasting resilience.

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Detoxification

Your liver, kidneys, and lymphatic system work around the clock to neutralize and clear toxins. These supplements support your body's natural detox pathways so they can keep up with modern demands.

1 Detoxication Factors™

A comprehensive formula designed to support both Phase I and Phase II liver detoxification pathways, helping the body efficiently process and eliminate environmental toxins and metabolic waste.

2 Glutathione Recycler™

Supports the regeneration of glutathione — the body's primary antioxidant and detox molecule — ensuring your cells can continuously neutralize free radicals and toxins.

3 Liver Support II

A targeted blend of herbs and nutrients including milk thistle, NAC, and alpha-lipoic acid that protect liver cells, enhance detox enzyme activity, and support overall hepatic function.

4 BroccoMax

Derived from broccoli seed extract, BroccoMax delivers sulforaphane — one of the most potent natural activators of the NRF2 pathway, which governs the body's internal antioxidant and detoxification response.

LIFESTYLE TIP

Hydration is your detox system's best friend — aim for half your body weight in ounces of clean, filtered water daily.

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Energy Support

True energy comes from the inside out — from healthy mitochondria, balanced blood sugar, and proper nutrient status. These supplements address the root causes of fatigue rather than masking them.

1 Liposomal Nicotinamide Riboside+

A highly bioavailable precursor to NAD+ — the molecule that powers every cell's energy production. NAD+ levels decline with age, making this a cornerstone supplement for sustained energy and cellular vitality.

2 Creatine

One of the most researched supplements in existence. Creatine replenishes ATP — the body's primary energy currency — supporting physical performance, muscle strength, and even cognitive energy.

3 Perfect Amino Tablet

A complete essential amino acid formula that supports muscle repair, energy metabolism, and recovery. Amino acids are the building blocks your body needs to produce enzymes, neurotransmitters, and energy-generating proteins.

4 Active B-Complex

B vitamins are essential cofactors in every step of cellular energy production. The active forms bypass conversion steps that many people — especially those with MTHFR variants — cannot perform efficiently.

LIFESTYLE TIP

Movement fuels energy — even a 10-minute walk after meals improves mitochondrial function and stabilizes blood sugar throughout the day.

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Brain & Memory

Cognitive performance depends on healthy circulation, neurotransmitter balance, and inflammation control. These supplements support focus, memory retention, and long-term brain health.

1 Tru Niagen® Pro 500

A clinically studied form of nicotinamide riboside that raises NAD+ levels to support neuronal energy production, DNA repair, and the cellular processes that underlie sharp cognitive function.

2 Liposomal NAD+

Delivers NAD+ directly in a liposomal format for enhanced cellular uptake. Supports mitochondrial function in the brain, mental clarity, and the neuroprotective processes that preserve memory over time.

3 Brain Vitale

A comprehensive nootropic formula combining phosphatidylserine, acetyl-L-carnitine, GPC choline, and ginkgo biloba to support neurotransmitter production, cerebral circulation, and overall cognitive resilience.

4 ProOmega Lemon

High-potency omega-3 fatty acids are structural components of brain cell membranes. They support synaptic plasticity, reduce neuroinflammation, and are among the most evidence-backed supplements for long-term cognitive health.

LIFESTYLE TIP

Your brain consolidates memories and clears metabolic waste during deep sleep — protecting 7-9 hours of quality sleep is the single most powerful cognitive enhancer available.

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Sleep & Stress

Sleep and stress are two sides of the same coin. When cortisol stays elevated, quality sleep becomes nearly impossible. These supplements help regulate the stress response and restore healthy sleep cycles.

1 Magnesium (Glycinate)

Magnesium is essential for GABA production — the brain's primary calming neurotransmitter. The glycinate form is highly absorbable and gentle on the stomach, ideal for evening use to ease tension and support restful sleep.

2 Cortisol Manager

A targeted formula combining ashwagandha and phosphatidylserine to help normalize the cortisol curve — reducing nighttime cortisol elevation that disrupts sleep onset and quality.

3 L-Theanine

An amino acid found naturally in green tea that promotes calm alertness by increasing alpha brain waves and GABA activity. Non-sedating and safe for daytime or evening use.

4 Stress B-Complex

The B vitamins are rapidly depleted during periods of stress and are essential for adrenal function, neurotransmitter synthesis, and nervous system regulation.

5 Liposomal GABA with L-Theanine

GABA is the brain's main inhibitory neurotransmitter — responsible for quieting neural activity and promoting a calm, relaxed state. The liposomal delivery and L-theanine combination enhance both absorption and effect.

LIFESTYLE TIP

A consistent pre-bed routine — same time each night, dim lights, no screens — signals your nervous system to shift out of stress mode and into recovery.

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General Health Support

These are the foundational supplements that virtually everyone benefits from — regardless of specific symptoms. Think of this as your daily health insurance policy, covering the nutritional bases most modern diets miss.

1 O.N.E. Multivitamin

A once-daily multivitamin delivering broad-spectrum vitamins and minerals in their most bioavailable forms. Designed to fill the nutritional gaps that even a healthy diet often leaves behind.

2 ProOmega® 2000

A high-potency omega-3 formula providing concentrated EPA and DHA to support cardiovascular health, inflammation balance, brain function, and cellular membrane integrity throughout the body.

3 Magnesium (Glycinate)

One of the most commonly depleted minerals in modern populations. Magnesium plays a role in over 300 enzymatic reactions — supporting muscle function, sleep quality, blood sugar regulation, and stress resilience.

4 MegaSporeBiotic

A spore-based probiotic clinically shown to survive stomach acid and successfully colonize the gut. Supports microbiome diversity, immune function, and digestive regularity in a way that standard probiotics often cannot.

LIFESTYLE TIP

Supplements work best as part of a daily habit — pair them with an existing routine like breakfast or your morning coffee so they become automatic.

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Skin, Hair & Nails

Healthy skin, hair, and nails are a direct reflection of what is happening inside your body. These supplements address the nutritional foundations of vibrant, resilient tissue from the inside out.

1 Hair Vitamins

A targeted blend of biotin, zinc, and supportive nutrients formulated to nourish hair follicles, reduce shedding, and support the growth cycle of healthy, strong hair.

2 Hair/Skin/Nails Ultra

A comprehensive formula providing the full spectrum of nutrients — including silica, biotin, vitamin C, and amino acids — that support the structural integrity of hair, skin, and nail tissue.

3 DUO — Hair Growth Serum & Scalp Rejuvenation

A two-part topical system that works at the scalp level to stimulate follicle activity, improve circulation, and create the optimal environment for hair regrowth and density.

4 Whole Beauty Collagen Powder

Provides the collagen peptides and co-factors needed to support skin elasticity, joint comfort, and connective tissue integrity throughout the body.

5 Liposomal Vitamin C

Vitamin C is essential for collagen synthesis and acts as a powerful antioxidant that protects skin cells from oxidative damage. The liposomal form dramatically improves absorption over standard ascorbic acid.

6 GHK-Cu — Cosmetic for Healthy Skin Aging & Wrinkle Support

A copper peptide complex with extensive research supporting its ability to stimulate collagen production, improve skin firmness, reduce the appearance of fine lines, and promote healthy skin renewal.

LIFESTYLE TIP

Hydration, sleep, and blood sugar stability are the three most underrated beauty tools — no supplement can outperform a foundation of consistent sleep and whole-food nutrition.

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Gut Support

A healthy gut is the foundation of everything — immunity, mood, energy, and even hormones. These supplements form my core gut repair and maintenance stack for lasting digestive health.

1 MegaSporeBiotic

A clinically studied spore-based probiotic that survives stomach acid to successfully reach and colonize the gut. Supports microbiome diversity, reduces intestinal permeability, and strengthens the gut-immune connection.

2 Similase

A broad-spectrum digestive enzyme formula that supports the breakdown of proteins, fats, carbohydrates, and fibers. Reduces the digestive burden and helps prevent bloating, gas, and discomfort after meals.

3 GI-Resolve®

A comprehensive gut-lining support formula combining L-glutamine, aloe vera, deglycyrrhizinated licorice, and zinc carnosine to soothe, repair, and restore the integrity of the intestinal mucosa.

4 Bitter Tonic

Digestive bitters stimulate stomach acid, bile flow, and digestive enzyme production — preparing the digestive system for optimal breakdown and nutrient absorption before meals.

LIFESTYLE TIP

Chew slowly and eat without distraction — digestion begins in the mouth, and stress during meals directly impairs stomach acid and enzyme production.

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Protein Powders

Adequate protein is the foundation of muscle health, immune function, hormone production, and tissue repair. These high-quality protein options make it easy to meet your daily needs — whatever your dietary preference.

1 Beef Protein — Chocolate

A dairy-free, gut-friendly protein derived from grass-fed beef. Provides a complete amino acid profile including glycine and proline — key for gut lining, joint, and connective tissue support.

2 Warrior Blend Organic — Vanilla

A plant-based protein combining pea, hemp seed, and goji berry proteins for a complete amino acid profile. Organic, allergen-friendly, and easily digestible for those preferring plant-sourced protein.

3 Warrior Blend Organic — Chocolate

The same premium organic plant-based protein blend in a satisfying chocolate flavor. Supports muscle recovery, sustained energy, and daily protein needs without dairy, gluten, or artificial ingredients.

4 Vital Whey® Vanilla — Grass Fed Whey Protein

A minimally processed whey protein from grass-fed cows, retaining natural immunoglobulins and lactoferrin. Supports muscle synthesis, immune function, and glutathione production.

5 Vital Whey® Cocoa — Grass-Fed Whey Protein

The same premium grass-fed whey in a natural cocoa flavor. Rich in branched-chain amino acids for muscle repair and recovery, with well-documented immune-supportive properties.

LIFESTYLE TIP

Aim to consume protein within 30-60 minutes after exercise to maximize muscle protein synthesis and support recovery.

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WHY IT MATTERS

Why Where You Buy Your Supplements Matters

Not all supplements are created equal — and neither are the places you buy them. With the supplement market growing rapidly, online marketplaces like Amazon have become a popular and convenient option. But convenience can come at a cost to your health.

The Amazon Problem

A 2022 study found that of 30 dietary supplements purchased on Amazon, only 13 had accurate labels. Of the remaining 17, many contained ingredients not listed on the label — and some were missing ingredients that were listed. Amazon's third-party selling model allows anyone to create a seller account, meaning counterfeit or mislabeled products can reach consumers before issues are caught. Well-known brands including NOW Foods and Pure Encapsulations have publicly warned their customers about counterfeit versions of their products being sold on Amazon.

What Practitioner-Grade Means

Supplements available through practitioner dispensaries like Fullscript are held to a significantly higher standard. Products are sourced directly from vetted manufacturers, stored under proper conditions, and verified for label accuracy, ingredient quality, and potency. You always know exactly what you are putting into your body — and so do I.

The Fullscript Difference

Purchasing through my Fullscript dispensary means every product has been personally selected for quality, efficacy, and safety. Fullscript works only with brands that meet rigorous quality standards, including third-party testing and Good Manufacturing Practice (GMP) compliance. When you shop through my dispensary, you get practitioner-grade supplements at a discount — with the confidence that what is on the label is what is in the bottle.

NEXT STEPS

How to Get Started

You don't need to do everything at once. Here's the order I recommend for most people:

Step 1

Start with one protocol

Pick the section that matches your biggest symptom area. Master that stack for 30 days before adding another.

Step 2

Quality matters — always

Not all supplements are created equal. Cheap brands use inferior forms your body cannot absorb. I source everything through Fullscript for practitioner-grade quality.

Step 3**Give it 4-8 weeks**

Functional nutrition takes time. Most patients notice meaningful changes within 4-6 weeks of consistent use.

Step 4**Track how you feel**

Keep a simple daily note: energy (1-10), digestion, mood, sleep. This reveals the pattern of improvement over time.

READY TO START YOUR PROTOCOL?**Shop My Fullscript Dispensary**

All supplements in this guide are available at practitioner-grade quality.
Enjoy 15% off all orders through my dispensary — every time you order.

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This guide is for educational purposes only and does not constitute medical advice. The information provided is not intended to diagnose, treat, cure, or prevent any disease. Always consult with your doctor or a qualified healthcare provider before starting any new supplement, especially if you are pregnant, nursing, or taking medications.