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Dr. Shaw's Top Ten List of Supplements

Thank you for your interest in my Top Ten List of Supplements. My name is Dr. Graeme Shaw MD, medical consultant for Get Well Natural LLC. Let's jump right in! *The top ten supplements that I personally use myself, and often recommend to my patients, are as follows:*

- [Magnesium](#) : An essential mineral required by the body in order to maintain multiple health functions. Magnesium deficiencies in my patients are common and supplementation is vital. Magnesium Citrate and Magnesium Glycinate are my favorite forms of magnesium.*
- [Vitamin D](#) : Vitamin D combined with Vitamin K act synergistically to support healthy bones, a strong immune system, and other essential functions. Liposomal D3 and K2 are one of the best forms of these vitamins to insure proper absorption and utilization in the body.*
- [Morinda](#) : Noni fruit is used for general support by individuals concerned with supporting the respiratory, digestive & immune system, and a wide variety of ailments, including diabetes, arthritis, hypertension & pain.*
- [Omega-3 Fatty Acids](#) : Omega 3s are an important, but often missing dietary element, and are used by people worldwide for healthy cholesterol, heart, brain, joints, skin, and cell support.*
- [Cardio Well Classic](#) : is one of the most important products to take on a daily basis to help maintain and support an effective and healthy heart, blood pressure, microcirculation, heart size and overall cardiovascular efficiency for the entire body.*
- [Probiotics](#) : The gut contains more microbes than the body has cells. A healthy gut flora equates to a healthier immune system. Using a 100% spore-based, broad-spectrum probiotic has been shown to be an effective way to maintain a healthy gut.*
- [Glutathione](#) : An extremely valuable antioxidant composed of three amino acids that plays a major role in antioxidant and detoxification functions. Liposomal ReadiSorb Glutathione is the most effective way to absorb glutathione via supplementation.*
- [Vitamin B-12](#) : Essential for healthy skin, hair & nails; supports heart, cholesterol, blood pressure, brain, nervous system health & more.*

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- [Sophora](#) : One of my favorite Chinese herbs. Widely used in Eastern Medicine to provide essential support for the immune system and detoxification function.*

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