

Starter vitamin and mineral supplements:

Supplements need to be of good quality. I work with a company whose quality is assured and you might wish to take advantage of my 10% referral discount, but it is totally up to you where you buy them.

My Biocare code is P11132
<https://www.biocare.co.uk/>

Here are the basic essentials:

Multivitamin <https://www.biocare.co.uk/adult-multivitamins-minerals>

Magnesium citrate <https://www.biocare.co.uk/magnesium-citrate-90-capsules>

Potassium citrate <https://www.biocare.co.uk/potassium-citrate-90-capsules>

Celtic sea salt (Amazon) <https://amzn.to/3W9TiL7>

We all need a good quality age appropriate multivitamin taken daily as our food supply is depleted in optimum levels of vitamins and minerals.
They are best taken with food.

We need extra B vitamins during fasting and in particular during an extended fast. For extra B vitamins the best forms are methylated.

Potassium citrate, magnesium citrate and enough salt will also support your body through your transition from glucose fuelled to fat fuelled.

The foundation to nutrient absorption and to boost the effect of all vitamins and minerals you need to eat foods rich in the fat soluble vitamins A, D, E and K2.

Note that animal sources are more readily available to us than vitamins found in plants.

The best forms of vitamins and minerals are the ones you eat

These are foods that are rich in the fat soluble vitamins:

Vitamin A:

Liver
Cod liver oil
Carrots
Spinach

Vitamin D3:

Best source is the sun!
Oily fish
Mushrooms (D2 not so easily absorbed as D3 in animal sources)
Organic eggs

Vitamin E:

Wild caught fish
Almonds
Pine nuts
Avocado

Vitamin K2:

Outdoor reared meats
Organic butter
Organic eggs
Liver