

BODY
Beautiful

Women's supplements guide



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ABOUT THE AUTHORS



Ana and Ivan have ventured the fitness industry for most of their lives. As long term athletes, both Ana (black belt in Shotokan Karate) and Ivan (former national-level wrestler), have developed their passion for fitness and health promotion. The thirst for competition have brought them to compete in the top fitness shows and win multiple awards. Today, the duo runs Build My Body Beautiful, one of the hottest companies for women's weight loss.

Their unique and holistic approach to promote a healthy lifestyle stems from their vast understanding of sports psychology. Aside from advanced training and diet techniques, they also use motivational tools, such as weight loss hypnosis to help their clients stay on track with their fitness goals and make fitness a part of their clients' lives. The success of Build My Body

Beautiful consists of many successes of hundreds of their clients that have become fitter, healthier and more confident.



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INTRODUCTION

There is hardly a more confusing area in the health and fitness world than the area of dietary supplements. A land of hype, truly outrageous marketing claims and things that sometimes hardly work at all. On the flip side, also a place where, if you know what you're looking for and how to use it, offers some real gems that can really push your training and results through the roof seemingly like magic! There's a secret world of supplements and this Guide's goal is to help you become an "insider" that can take advantage of what it has to offer, safely, sanely and smartly. Just keep these things in mind as we break down for you not only the best supplements on the market today, but also how to use them to make your fitness (or other goals) a quick reality:

Diet Always Comes First

No matter if your goal is to lose weight, get toned, experience more vibrant health or something else altogether, supplementation needs to be viewed as something that "supplements" your diet choices, not something you do to make up for a poor diet. If you attempt to take capsules or powders to get where you would like to be while eating unhealthy food (ice cream, pizza, sugary drinks, etc.), we can guarantee you will end up disappointed.

No supplement guide, this one included, will offer much help, unless your diet is not on target. So, if you've already got your diet set, great, let's keep going. However, if your diet needs some work, you may want to check out our [Diet eBooks](#) or [Custom Diet Plans](#) before introducing supplements into your daily routine. When your diet is on point you have a solid foundation that will allow your supplement choices to really make a difference you can see and feel.



How to Choose Your Supplements

Depending where you are (like in the United States for example) the Supplement industry may be barely regulated or not regulated at all. This means if you'd like to see the best results from taking supplements it's a wise idea to buy them from a well-known reputable company. When you have your list of what you'd like to add to your program, take a few minutes and read reviews of the company's products you are considering. Often the cheapest product are not the best choice when it comes to supplements.

Supplements come in many forms, such as capsules, tablets, oils and more. Generally, tablets are harder to digest, since the active ingredients are compressed and will require a very strong digestive system to be processed fully. Gelatin capsules usually contain a dried and concentrated herb itself and is much easier to digest. It may also contain less fillers than tablets. Liquid gels and liquid form supplements are also easy to digest.

If you are shopping for supplements, in general drug stores are not the best place to look for them, as most drug stores carry low quality, "one-a-day" supplements. It's not that you will damage your health by taking them, it's just they are not useful as their absorption rates are quite low and they are made of cheaper compounds. Also, keep in mind that labels can be misleading. Sometimes, they will indicate too low a dose for certain supplements, so base your purchasing decision on your own research. For example, some research suggests that North Americans need at least 5000iu of vitamin D to stay healthy, but most companies will not suggest taking more than 1000iu. Some researchers suggest that taking lower amounts of vitamin D is not enough.

The 3 grades of supplements:

Pharmaceutical Grade Supplements: these supplements are the purest form of supplements that have the best absorption rate in your body. Usually, you do not need a prescription to buy them, but for the most part they are sold by licensed health care practitioners and are harder to find.

Medical Grade Supplements: are also high quality supplements, but not always meet the standards of the pharmaceutical grade.

Nutritional Grade Supplements: the quality of the supplements of this grade depends strictly on the manufacturer. Since the supplements of this grade are not regulated, they



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are not always tested for their actual potency. As well, the active ingredients may not be as listed on the label. This is not to say that nutritional grade supplements are not good for you. There are nutritional grade companies that make high quality supplements, but a thorough research of the manufacturer may be necessary before attempting to buy them. Nutritional grade supplements are mostly found in health food stores and drug stores.

The advice here in our Guide is accurate for the vast majority of people, and is based on our own research of working with 100s of our clients at [Build My Body Beautiful](#), as well as long personal experience. We will not be getting into reviewing supplement companies or which supplements are the best for you or the appropriate doses of each supplement you should be taking, because everyone has their own dietary requirements. So instead we will be focusing on a generalized list of supplements that are appropriate for most people. For doses, follow the instructions on the label, but if you want to have a more personalized approach, please contact your nutritional practitioner.

Since we mainly work with women, we have chosen this Guide to specifically address female readers. There are certain supplements that women need for optimal health and body composition. With that being said, we are excited for this opportunity to help you explore the secret world of supplements. Now let's get ready to make your body even more beautiful, healthy and vibrant!



PROBIOTIC

You probably already know that probiotics are a good bacteria found in yogurt, kefir and fermented foods, such as kimchi and sauerkraut. The problem is, it is very hard to eat these foods all day long just to increase the amount of probiotics in your digestive tract. This is why supplementing with probiotic pills is a great idea for the maintenance of good health and even weight loss.

Many probiotics consumed cannot survive harsh stomach acid in order to get to your intestines, especially when fortified in foods. Manufacturers talk about number of CFUs (colony forming units), but don't always offer the types or combinations of probiotics that are ideally suited to human intestines. So while they have some value, they do not help re-colonize your inner ecosystem, which is the overall goal. That's why standardized, high-quality supplements may be a great option, ensuring the number on the bottle is the amount getting to our gut.

Probiotics and Digestion

Probiotics are very important for healthy digestion and play a major role in food break down and nutrient absorption. Once the food is broken down properly, your body will absorb more nutrients from it. Since you will absorb more nutrients from your food, you will get full faster and from a smaller amount of food than usual. On the other hand, increasing the amount of good bacteria in your digestive tract, will also keep you from gastro-intestinal illnesses, such as constipation, diarrhea and even cancer.

Cleansing Your Body

Since probiotics are the good stomach bacteria, they are also necessary for optimal immune function. Probiotics aid in removing toxins and poor bacteria and xenoestrogens from the intestine. Removing toxins from your body means that your body will be functioning at an optimal level, which in turn can support weight loss.

Weight Loss

Some research suggests that supplementing with probiotics can reduce waist circumference in women. It may be because of the fact that proper digestion may relieve problems like bloated stomach and gas. There is also a possibility that because



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the body functions well, it is much easier to lose weight. Whatever the reason is, probiotic pills is the first supplement you are not taking that will help you lose weight!



MAGNESIUM

Stress is a major factor in weight gain and diseases. Even if it doesn't cause damage directly, it can play a major role in habits like eating sweets, smoking and drinking (everybody knows that person that says "I need a drink" when they are stressed).

The best way to get rid of stress is... not to stress about things! But we all know that it is virtually impossible, unless you live in a cozy little house on the sea shore, without endless deadlines and meetings. There are plenty of ways to relieve stress, even without supplementation, such as meditation and hypnosis. But in this book we also want to give you a supplement that will calm you down and prevent the side effects of stress.

Magnesium deficiencies are the second most common deficiency in developed countries, the first being Vitamin D. A lack of magnesium will raise blood pressure and reduce insulin sensitivity, which can result in weight gain & poor health.

Types of Magnesium

Like any mineral, magnesium comes in different forms. So studies have shown that forms like citrate, lactate, chloride and aspartate are absorbed better by the body (more bioavailable) than magnesium oxide and magnesium sulfate. Therefore, when shopping for magnesium read the label carefully and look for the forms that will benefit you the most.

A Stress Pill

Magnesium is one of the essential minerals that is necessary for your body to survive. It serves many important bodily functions, including muscle contraction and relaxation (including the heart), function of certain enzymes, production and transport of energy, stimulation of insulin receptors and more. The majority of active individuals tend to be magnesium deficient. Supplementation can aid with sleep issues, and has the ability of turning off the stress response put on the heart by physical activity. It is also one of the most difficult minerals to replenish once depleted. So if you wanted a stress pill, you got it, and it is also the second supplement that you are not taking that will get you waist slimmer.



CHLOROPHYLL

Unless you live in the country (or that hut by the beach we mentioned earlier), your body is constantly under attack. The main attackers are the toxins. These offenders can be found pretty much everywhere, from cleaning products to pollution on the streets and from unhealthy food sources to stress. When toxins build up in your system, they can cause ruckus to your health, cause diseases and lead to weight gain.

Chlorophyll is found in plants and is responsible for facilitating photosynthesis (a process in plants that converts sunlight into glucose). However, chlorophyll is not only good for plants. It is also great for humans!

Chlorophyll is Good for Blood

Chlorophyll replenishes red blood cells and hemoglobin. Along with that it also cleanses the blood from toxins. Reducing toxins in your body is a great way to prolong life and stay young and healthy. It also has been shown to prevent cancer.

Other Benefits of Chlorophyll

Chlorophyll is rich in anti-oxidants that guard you from free radicals and radiation, cleanses your liver, fights infection and reduces inflammation. It is responsible for regulating the acidity in your body.



FISH OIL

Taken in the right dosage fish oil works absolute wonders, as it revitalizes your entire hormonal system. A healthy hormonal system is important in reducing body fat and overall health.

Fish Oil Will Make You Look Better

Let's step away from the health benefits for a second and simply be vain for a second. A daily dose of fish oil (think 3 grams a day) will start shifting your body composition towards lean tissue and away from fat. Taking healthy fats to burn off unhealthy fat may sound strange, but this is backed up by science and real world results. Try it and take a look in the mirror in a few weeks and you will likely become a believer! Here's another fish oil fat loss fact that may intrigue you - fish oil speeds up fat loss from where many of us would like to lose it most - in our abdominal region. Questing for a flat tummy? Don't skip your three grams of fish oil a day.

Fish Oil Will Make You Stronger

We've already mentioned the wonders fish oil works as far as optimizing hormones, but it also will help you gain strength and build a sexy lean physique. This is a key reason why most celebrity trainers have their clients take large amounts of fish oil!

Fish Oil Will Lower Bad Cholesterol Levels

There's no natural supplement that's better for your heart health than fish oil. It can even reverse fairly serious cases of cardiovascular disease in many people. Expect your cholesterol to come under control much more easily when you add fish oil to your diet.

Fish Oil Will Enhance Brain Function

Ever hear that eating fish is good for your brain? Well taking fish oil supplements is even better for that! If you're suffering from depression or attention span concerns recent studies have shown fish oil can help clear up both of these issues to a degree on par with some prescription medications. This is an all natural, healthy solution free from addiction risks or other dangers of using potentially harmful chemicals.

Fish Oil Can Prevent Serious Eye Diseases

As a preventative measure, fish oil does a great job of protecting two of your most valuable possessions - your eyes! Both dry eye disease and age related eye diseases



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have been found to be much less common in people who have high levels of fish oil in their diets. Not many things are much more important than your eye sight, isn't it? Fish Oil is both powerful and inexpensive. It may not have the glamorous name that other supplements possess, but that doesn't mean it's not a miracle worker! Make sure you take yours every day.



CHOLINE

Certain supplements (often referred to as nootropics) can give us a mind boost that's almost something out of a science fiction movie. One of the best and most widely available is choline (also called phosphatidylcholine). Choline can be found in foods like seafood, eggs and meat. If you're interested in achieving mental peak performance this supplement is a must.

Choline Enhances Memory

This aspect of choline has been very widely studied as a way to combat the horrors of Alzheimer's disease. For those of us who are healthy, these studies have also revealed that choline acts as a memory booster in healthy individuals as well. Having a more reliable memory offers a great many lifestyle benefits socially, at work and beyond. Take choline and possibly never lose your car keys again!

Choline Boosts Total Cognitive Function

Beyond being a memory booster, choline enhances nearly every other area of cognitive function. Quicker decision making ability, clearer thought and focus and even big jumps in creative functions have all been credited to optimal choline levels reached through supplement use. This has made choline a secret weapon of everyone from authors to professional poker players.

Choline and the Mind Muscle Connection

Recent research on Olympic athletes has shown choline supplementation before competition cuts down reaction time considerably. The theory that's being studied further is that the supplement works to create more effective mind and muscle connection. If this is true we shouldn't be surprised to learn in the future that choline can even help fitness enthusiasts achieve their own goals more efficiently!



GREEN TEA

Maintaining your body fat on the lower side not only looks good, but also good for your health. It is quite hard to find a fat burning supplement that works well, but Green Tea's effects are wildly mind blowing. If you know how to best use Green Tea effectively, you can put your body fat in serious danger! Consider the added health benefits of Green Tea as a special bonus.

Green Tea Skyrockets Metabolism

Green Tea is remarkable in that it not only provides fat burning properties, due to its caffeine content, but also possesses its own ability to supercharge metabolism.

This metabolic boost means more fat loss while you are taking Green Tea - without added jitters, sleepless nights or any of the other unpleasant side effects that are often associated with some of the fat burners. You can even take Caffeine Free Green Tea and still see its metabolic benefits! This works well if you are taking a precise amount of caffeine daily, but would like to also use Green Tea for a true "take it to the limits" fat melting stack!

Green Tea Greatly Improves Endurance

If you are an endurance athlete, engage in high intensity cardio training or other physical activities, where stamina reigns supreme you will be excited to learn that Green Tea has been shown to safely boost your endurance levels almost magically. This is a quality that's overlooked by many experts who cover Green Tea as a fat burner, but let's not overlook what a plus this can be in the effort to get fit fast. It's pretty simple when laid out in black and white: the more you can train the more calories you will burn. More calories burned equals less body fat. Sounds good, doesn't it?

Green Tea is a Super Anti-Oxidant

Taking Green Tea won't only make you healthier as you lose weight, but it will also boost your immune system and help fight off colds and sicknesses. There's only a few other anti-oxidants which are generally considered more powerful and all are much, much more expensive than Green Tea supplements.



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The EGCg

The EGCg is an extract of green tea and can make your life much easier, because one capsule of EGCg is equivalent to 2-3 cups of green tea. This is great news, if drinking green tea all day long is not an option for you.



CURCUMIN

The description "super food" gets tossed around quite often and sometimes, a bit too liberally. One food ingredient, which doesn't get its props from mainstream sources as much, but truly does deserve the super food label is the Indian spice turmeric or more specifically Curcumin. Curcumin is the active part of turmeric now available in highly pure forms perfect as a health supplement. Need to heal your body? Cut body fat? Or a mild pain killer? Curcumin is all those things and more.

Curcumin Is Nature's Best Anti-Inflammatory Agent

Inflammation in our bodies is the cause of a host of health problems including reducing our ability to lose weight quickly. If you need an anti-inflammatory agent that works without question, curcumin is probably your best choice. It out performs all of its natural competition, every over-the-counter anti-inflammatory drugs and even most of the prescription drugs that address this important issue. To top it off it's both safe and relatively inexpensive.

It Promotes Healthy Fat Loss

Curcumin will aid your overall fat loss. It does this by inhibiting fatty acid synthase - which will make it harder for your body to pack on body fat while supplementing with it. This is very noticeable in the real world with many users noticing it frees up their diet somewhat allowing a little extra freedom to "cheat" while still seeing good results (which we suggest you do).

Curcumin Helps Control Cortisol Levels

Keeping cortisol levels low is crucial if you hope to get toned arms, legs and stomach. High cortisol levels send a message inside your body to go into "emergency" mode and retain your body fat by any means necessary. Research has shown curcumin to be a miracle worker when it comes to keeping cortisol levels low.

Curcumin Fights Cancer

Curcumin is being studied very heavily in both Australia and New Zealand for its cancer fighting properties. These properties are interesting to medical experts not only for how



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effective curcumin seems to be, but maybe more importantly because the supplement keeps working over long periods of time. This is rare for cancer fighting agents which the human body often becomes resistant to.

Curcumin Is A Top Anti-Oxidant

Curcumin shines as an anti-oxidant. It will boost your overall health, give you more energy and all the rest of the other great things we associate with anti-oxidants, including fighting off toxins and free-radicals. If you make a habit of cooking with turmeric often or supplement daily with curcumin you can expect to be much healthier. It works and works well!



YOHIMBINE

Yohimbine is an active ingredient of Yohimbe that is found in the bark of the tree named Pausinystalia. Yohimbine has been researched for many different effects, however it has been confirmed to be very effective at promoting only two health benefits consistently; weight loss and sex drive. Supplement manufacturers recognize the effects of this ingredient and usually mix it into their fat burning concoctions. However, it is hard to say how effective are the rest of the ingredients in these fat burning blends and how their combinations really affect the human body. Sometimes less is more and in case of yohimbine, it is better to take it on its own, as it has been widely researched and proved to work miracles. There is also a difference between yohimbe supplements and yohimbine supplements. Yohimbine is yohimbe's active ingredient and therefore taking a yohimbine supplement will ensure that you are taking it in its purest form. Yohimbe will have much smaller concentration of yohimbine.

Great for Burning Fat

It is hard to decide what is more overwhelming; the amount of fat burning supplements available today, or the rate at which these supplements emerge on the market. One thing is for sure, many of them are not effective and are packed with caffeine. Most of

these supplements are not tested, therefore no one really knows which ones will work for them, unless they are willing to test it on themselves. Unlike the mainstream fat burners, yohimbine has been clinically shown to reduce fat mass significantly.

Yohimbine as an Aphrodisiac

Yohimbine has been shown to promote sex drive in both men and women. Taking this supplement promotes blood flow to the appendages and stimulates nerve sensitivity in the sacral region. In a way, it also promotes fat loss, due to the increased activity between the sheets. Enjoy!



VITAMIN D

You are probably surprised that you didn't find multivitamin in this book. This is because a healthy diet can and will provide you with all the vital nutrients your body needs to stay healthy. Now, due to the lack of regulation in the supplement market, many multivitamins are simply useless, because the materials they are made out of are low quality and don't get absorbed by your body. Of course, there are multivitamins that are good for you, but you will have to do an extended research on them. So, when it comes to taking multivitamins, we say – when in doubt, stay without.

Nevertheless, there is one vitamin that is a miracle worker in terms of promoting general health. Introducing vitamin D, the king of all vitamins!

Vitamin D Fights Diseases

Vitamin D was clinically shown to protect from osteoporosis, heart disease and even shield you from flu. Taking your D is a great way to stop wasting your valuable time on being sick! It also has the ability to improve your mood and help you achieve a positive outlook.

Supplemental vitamin D is associated with a wide range of benefits, including increased cognition, immune health, bone health and well-being. Supplementation can also reduce the risks of cancer, heart disease, diabetes and multiple sclerosis. People deficient in vitamin D may also experience increased Testosterone levels after supplementation.

It Blunts Appetite

Vitamin D helps with the production of leptin, a feel-good hormone that is produced after we have a good meal. Higher amounts of leptin signal your body to burn fat and can help you lose weight.

Various Other Benefits

Among other benefits of vitamin D, it lowers your blood sugar and insulin, improves serotonin levels and is even good for your lungs!



POWDERED GREENS

You probably have already heard that green vegetables contain the largest amounts of nutrients. In fact, eating broccoli, spinach, kale and other green veggies can provide you with a full spectrum of minerals and vitamins and potentially can replace the need to eat fruits (aka little sugar sacks) and other vegetables. However, not everyone enjoys eating salads all the time and Greens supplements are a great solution to overcome this obstacle. Greens supplements are made out of whole foods. In fact, they are dehydrated and green vegetables in the form of powder that can be added into your water. Yes, that means that you can drink your salad now!

Greens vs. Multivitamin

Although a few manufacturers make vitamins out of whole food ingredients, the majority of multivitamins are made out of synthetic compounds, are hard to digest and even harder to absorb. On the other hand, Greens are made out of whole foods, which makes it easy for your body to recognize and process. Another advantage of Greens over multivitamins is that Greens contain natural phytonutrients that promote digestion and absorption of nutrients. Greens are also less likely to contain fillers.



BONUS - THE PARAMOUNT IMPORTANCE OF PROPER NUTRITION

As you can probably see after having made it this deep into our Guide, supplements are a great way to improve performance and the way you look, as long as they are of high quality and are taken safely. They can enhance our training, our lifestyles and speed up our drive towards our goals. However, what we don't want to do is to push the lie that somehow supplements can replace a smart and solid diet plan. It is very unlikely that you will get results stacking up all the above supplements, without eating healthy. After all, you are what you eat!

Eat More High Quality Protein

Making sure you are getting enough protein from whole food sources should be one of the foundations of your dietary efforts. Choose organic protein sources whenever possible - think free ranged chicken, turkey and wild caught fish. Occasional red meat is fine (especially if it is grass fed and hormone free). Avoid things like soy, which can and will wreck your hormonal balance completely. Also, stay away from GMOs (Genetically Modified Organisms) and processed foods. As a major rule of thumb, if it is packaged and prepared for you, it is not healthy.

Control and Cycle Your Carb Intake

Carbohydrates can be your worst enemy and it is really important to take control on the amount of carbs you are consuming throughout the day. We have a full book on Carb Cycling method (Lil Black Dress Diet), you can download it by [clicking here](#) to learn more about it.

Fats DON'T Make You Fat

When it comes to fitness, weight loss and health, the obvious is sometimes far from truth. Take fats for example. It would seem that eating fats would make you fat, right? Not really. In fact, the right kind of fats will help you lose a few inches and get healthy. Eating wild caught salmon, avocados, walnuts, almond butter, extra virgin olive oil are just a few examples of sources of healthy fats.



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Eating Healthy Doesn't Mean Eating Bland Food

As fitness competitors we have been on many different diets. We have tried anything from low carb and high fats, to moderate carbs with high protein and carb cycling, where you eat different amounts of carbohydrates on a daily basis (which we found to work the best). What was common between all of the diets we have tried (aside from the Build My Body Beautiful Carb Cycling) was the blandness of the food. It made it very hard to stay on track. So to solve this problem, we got to cooking and created dozens of delicious recipes using the highest quality foods. We collected all of them and combined the most delicious and easiest ones into one recipe book. If you are interested in eating healthy food, without sacrificing the taste, download our recipe book Body Beautiful Fat Burning Recipes.



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Fat Burning Recipes

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Everyday will feel like a cheat day!

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EAT like an Athlete
A guide to Gaining Sexy Muscle and Curves!

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FINAL WORDS

We really hope that our supplement guide will help you achieve your dream body. Our mission is to help as many women as possible to improve their health and confidence to become the beautiful creatures that they deserve to be. We wish to inspire you to move towards your goals as soon as possible and are always open to chat with you to assist you in this journey. Please don't hesitate to contact us if you have any questions regarding nutrition, exercise or increasing self-confidence. You can reach us at our website www.BuildMyBodyBeautiful.com. Until then, follow through with your diet and supplementation and enjoy the process of getting the body of your dreams!

We love seeing our clients happy and beautiful and we also love supporting them at any time they need help. If you feel that you are in need of support, or would like to share your results with us please don't hesitate to email us at info@BuildMyBodyBeautiful.com and we will be happy to chat!

Committed to Your Success,



Ana and Ivan,

www.BuildMyBodyBeautiful.com



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