



HOME



NUTRITION



RESULTS



SHOP



LEARN



CHARLES WARDEN

## My Supplements

The vitamins, food extracts, herbs, minerals, amino acids, prebiotics, and probiotics listed below have been selected precisely for you based on your latest test results. Search for a nutrient or use the filter to see which scores we connected to each nutrient.

  
**28**

**Total Supplement  
Ingredients**

  
**19**

**Total Probiotic +  
Prebiotic Ingredients**

*Note: Your ingredients may fall into more than one category.*

50% off your first month of supplements with code: **YOUDECODED**

[Shop Now](#)

 **Search Nutrients**



HOME



NUTRITION



RESULTS



SHOP



LEARN



CHARLES WARDEN

Magnesium

758 mg / day



B. breve Bb-03

2 billion CFU / day



Pumpkin Seed

385 mg / day



Streptococcus thermophilus St-21

1 billion CFU / day



Psyllium Husk Fiber

2000 mg / day





HOME



NUTRITION



RESULTS



SHOP



LEARN



CHARLES WARDEN

**Rhodiola Root Extract**

149 mg / day



**B. animalis ssp lactis VK2**

2 billion CFU / day



**Tribulus Terrestris Extract**

356 mg / day



**Inulin**

1900 mg / day



**Schisandra Berry**

239 mg / day





HOME



NUTRITION



RESULTS



SHOP



LEARN



CHARLES WARDEN

**Curcumin**

200 mg / day



**Saw Palmetto Berry Extract**

224 mg / day



**Lactobacillus acidophilus La-14**

500 million CFU / day



**L. rhamnosus LB3**

500 million CFU / day



**L. plantarum Lp-115**

500 million CFU / day





HOME



NUTRITION



RESULTS



SHOP



LEARN



CHARLES WARDEN

**Butterbur Root Extract**

62 mg / day



**L. delbrueckii ssp bulgaricus Lb-87**

500 million CFU / day



**N-Acetyl-L-Cysteine (NAC)**

509 mg / day



**B. bifidum Bb-06**

500 million CFU / day



**L. plantarum LM**

500 million CFU / day





HOME



NUTRITION



RESULTS



SHOP



LEARN



CHARLES WARDEN

**Lutein**

59 mg / day



**Saccharomyces boulardii DBVPG 6763**

500 million CFU / day



**Pygeum Bark Extract**

99 mg / day



**Bacillus coagulans SANK 70258**

500 million CFU / day



**Turkey Tail Fruit Body Extract**

124 mg / day





HOME



NUTRITION



RESULTS



SHOP



LEARN



CHARLES WARDEN

**L. reuteri 1E1**

500 million CFU / day



**Bacillus subtilis DE111**

1 billion CFU / day



**L. delbrueckii ssp. bulgaricus LE**

500 million CFU / day



**Mastic Gum Extract**

257 mg / day



**Xylo-oligosaccharides (XOS)**

1550 mg / day





HOME



NUTRITION



RESULTS



SHOP



LEARN

CHARLES WARDEN

**Zeaxanthin**

59 mg / day



**Beet Root Juice**

700 mg / day



**L-Tyrosine**

152 mg / day



**Citicoline**

149 mg / day



**Phosphatidylserine**

92 mg / day







HOME



NUTRITION



RESULTS



SHOP



LEARN



CHARLES WARDEN

**Fisetin**

70 mg / day



**L-Glycine**

152 mg / day

