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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.

  
**37**

**Total Supplement  
Ingredients**

  
**18**

**Total Probiotic +  
Prebiotic Ingredients**

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

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

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 Search Nutrients



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**L. rhamnosus GG (ATCC 53103)**

1.4 billion CFU / day



**Magnesium**

727 mg / day



**Fructo-oligosaccharides (FOS)**

3250 mg / day



**Acacia Fiber**

1000 mg / day



**Pumpkin Seed**

385 mg / day





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**Rhodiola Root Extract**

124 mg / day



**Deglycyrrhizinated Licorice (DGL) Root Extract**

31 mg / day



**Lactobacillus acidophilus La-14**

200 million CFU / day



**Bacillus coagulans SANK 70258**

1.3 billion CFU / day



**L. acidophilus DDS-1**

1.3 billion CFU / day





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**L. plantarum 299v**

750 million CFU / day



**Saw Palmetto Berry Extract**

224 mg / day



**Amylase**

20 mg / day



**Olive Leaf Extract**

299 mg / day



**Chamomile Flower Extract**

45 mg / day





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**L. acidophilus NCFM**

200 million CFU / day



**Lactase**

1 mg / day



**Schisandra Berry**

199 mg / day



**L. casei Lc-11**

200 million CFU / day



**Cellulase**

74 mg / day





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**Panax Ginseng Root Extract**

99 mg / day



**Beta-Glucan**

250 mg / day



**Lemon Balm Extract**

76 mg / day



**Greater Celandine**

76 mg / day



**Dandelion Root Extract**

454 mg / day





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**Butterbur Root Extract**

59 mg / day



**Angelica Root Extract**

87 mg / day



**Bacillus subtilis DE111**

750 million CFU / day



**Serrapeptase**

17 mg / day



**B. animalis ssp lactis BL-04**

1.4 billion CFU / day





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**L. rhamnosus Lr-32**

200 million CFU / day



**Caraway Seed Extract**

161 mg / day



**Feverfew Extract**

239 mg / day



**Lutein**

49 mg / day



**Beet Root Juice**

700 mg / day







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**L. fermentum LF61**

400 million CFU / day



**L. salivarius Ls-33**

200 million CFU / day



**Benfotiamine**

101 mg / day



**Boswellia Serrata Gum Extract**

140 mg / day



**Citicoline**

124 mg / day





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**L-Glycine**

126 mg / day



**L-Tyrosine**

126 mg / day



**Phosphatidylcholine**

304 mg / day



**Phosphatidylserine**

76 mg / day

