



HOME



NUTRITION



RESULTS



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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.

**34**

**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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Magnesium

727 mg / day



Rhodiola Root Extract

174 mg / day



Pumpkin Seed

330 mg / day



Tribulus Terrestris Extract

356 mg / day



Vitamin B5 (Pantothenic Acid)

20 mg / day





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**Saccharomyces boulardii DBVPG 6763**

270 million CFU / day



**B. bifidum Bb-06**

1.4 billion CFU / day



**Schisandra Berry**

279 mg / day



**Vitamin B7 (Inositol)**

257 mg / day



**L. plantarum 299v**

1.4 billion CFU / day





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**L. helveticus VPro13**

1.4 billion CFU / day



**Pygeum Bark Extract**

99 mg / day



**Streptococcus thermophilus St-21**

470 million CFU / day



**Beta-Glucan**

750 mg / day



**B. animalis ssp lactis B420**

270 million CFU / day





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**L. reuteri 1E1**

270 million CFU / day



**Panax Ginseng Root Extract**

139 mg / day



**L. plantarum LM**

270 million CFU / day



**L. gasseri Lg-36**

270 million CFU / day



**L-Glycine**

177 mg / day





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Beet Root Juice

600 mg / day



Boswellia Serrata Gum Extract

120 mg / day



Fisetin

60 mg / day



Forskohlii Root Extract

21 mg / day



L-Arginine

124 mg / day





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**L-Tyrosine**

177 mg / day



**L. paracasei Lpc-37**

270 million CFU / day



**Mastic Gum Extract**

257 mg / day



**Mulberry Leaf Extract**

1000 mg / day



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

509 mg / day





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**Spirulina Extract**

34 mg / day



**Turkey Tail Fruit Body Extract**

124 mg / day



**Xylo-oligosaccharides (XOS)**

750 mg / day



**Zeaxanthin**

69 mg / day

