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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.

  
**30**

**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**

735 mg / day



**B. breve Bb-03**

1 billion CFU / day



**Sage Leaf Extract**

209 mg / day



**Pumpkin Seed**

330 mg / day



**Berberine**

515 mg / day





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Streptococcus thermophilus St-21

470 million CFU / day



Curcumin

200 mg / day



Chromium

2 mg / day



Alpha-Lipoic Acid (ALA)

153 mg / day



Beta-Glucan

1000 mg / day





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**Vitamin B8 (Biotin)**

99 mg / day



**Saw Palmetto Berry Extract**

192 mg / day



**Bilberry Extract**

79 mg / day



**Capsicum Extract**

24 mg / day



**B. animalis ssp lactis B420**

270 million CFU / day





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Mulberry Leaf Extract

1000 mg / day



Butterbur Root Extract

60 mg / day

