

VIOME



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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.



30

**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

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Search Nutrients



Supplement, Probiotics...

[Clear Filters](#)

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CHARLES
WARDEN**Vitamin C (Ascorbic Acid)**

353 mg / day

**Rhodiola Root Extract**

149 mg / day

**Zinc**

59 mg / day

**Curcumin**

107 mg / day

**Garlic Extract**

306 mg / day

**Lactobacillus acidophilus La-14**

500 million CFU / day

**B. animalis ssp lactis B420**

500 million CFU / day



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CHARLES
WARDEN**Streptococcus thermophilus
St-21**

1 billion CFU / day

**L. plantarum Lp-115**

500 million CFU / day

**Schisandra Berry**

239 mg / day

**B. breve Bb-03**

2.5 billion CFU / day

**B. animalis ssp lactis VK2**

2.5 billion CFU / day

**Oregano Leaf**

74 mg / day

**Butterbur Root Extract**

59 mg / day



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WARDEN**Panax Ginseng Root Extract**

119 mg / day

**L. plantarum LM**

500 million CFU / day

**Thyme Leaf Extract**

79 mg / day

**Inulin**

2400 mg / day

**Psyllium Husk Fiber**

2000 mg / day

**B. bifidum Bb-06**

500 million CFU / day

**Astaxanthin**

149 mg / day



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WARDEN**Feverfew Extract**

239 mg / day

**Lutein**

59 mg / day

**Saccharomyces boulardii DBVPG
6763**

500 million CFU / day

**Xylo-oligosaccharides (XOS)**

1000 mg / day

**L. delbrueckii ssp. bulgaricus LE**

500 million CFU / day

**L. rhamnosus LB3**

500 million CFU / day

**Tinospora Cordifolia Extract**

419 mg / day



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CHARLES
WARDEN**Bacillus subtilis DE111**

1 billion CFU / day

**Benfotiamine**

122 mg / day

**Citicoline**

149 mg / day

**Elderberry Extract**

208 mg / day

**L-Glycine**

152 mg / day

**L-Lysine**

406 mg / day

**L-Tyrosine**

152 mg / day



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CHARLES
WARDEN**L. gasseri Lg-36**

500 million CFU / day

**L. reuteri 1E1**

500 million CFU / day

**Nettle Extract**

209 mg / day

**Phosphatidylserine**

92 mg / day

