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| **Supplement** | **Servings** | **Facts** | **Chatgpt** |
| Momentous Omega-3 | 2 | * + EPA 800 mg   + DHA 800mg | **Omega-3**: Supports heart health, reduces inflammation, promotes brain function, and improves joint health. Commonly found in fish oil and flaxseed. |
| Vitamin D | 1 | * + 125 mcg (5000 IU) | **Vitamin D**: Promotes bone health by aiding calcium absorption, supports immune function, and contributes to muscle and cardiovascular health. |
| Blueprint NAC Ginger Curcumin (yellow) | 3 | * + N-Acetyl-Cysteine 1200 mg   + Ginger extract 400 mg   + Curcumin extract 250 mg | * + **N-Acetyl-Cysteine (1200 mg)**: Boosts antioxidant production, supports liver health, and promotes respiratory function.   + **Ginger Extract (400 mg)**: Reduces inflammation, aids digestion, and alleviates nausea.   + **Curcumin Extract (250 mg)**: Powerful anti-inflammatory and antioxidant, supports joint and overall health. |
| Blueprint Veggie Softgel (purple) | 1 | * + Lutein 15 mg   + Vitamin K1 1500 mcg   + Lycopene 15 mg   + Astaxanthin 12 mg   + Vitamin K2 MK4 5 mg   + Zeaxanthin 3 mg   + Vitamin K2 MK7 600 mg | * + **Lutein (15 mg)**: Protects eyes and reduces risk of macular degeneration.   + **Vitamin K1 (1500 mcg)**: Supports blood clotting and bone health.   + **Lycopene (15 mg)**: Antioxidant that promotes prostate and heart health.   + **Astaxanthin (12 mg)**: Reduces inflammation and supports skin and brain health.   + **Vitamin K2 MK-4 (5 mg)**: Directs calcium to bones, improving bone and heart health.   + **Zeaxanthin (3 mg)**: Protects eyes from blue light and age-related damage.   + **Vitamin K2 MK-7 (600 mcg)**: Prevents arterial calcification and supports long-term heart and bone health. |
| Blueprint Red Yeast Rice Extract (red) | 1 | * + Red Yeast Rice Extract 500 mg   + Odorless Garlic 12:1 extract 100 mg | * + **Red Yeast Rice Extract (500 mg)**: Supports healthy cholesterol levels and cardiovascular health.   + **Odorless Garlic 12:1 Extract (100 mg)**: Promotes heart health and immune system support. |
| Now Fenugreek | 2 | * + Fenugreek 1 g | **Fenugreek (1 g)**: Supports blood sugar regulation, boosts lactation in nursing mothers, and aids in digestion. |
| Blueprint Essential Capsules (blue) | 3 | * + Vitamin D 50 mcg (2000 IU)   + Vitamin E 67 mg   + Vitamin B1 1.1 mg   + Vitamin B2 1.4 mg   + Niacinamide 15 mg   + Vitamin B6 1.4 mg   + Folate (Calcium L-5) 200 mcg   + Vitamin B12 125 mcg   + Biotin 50 mcg   + Pantotheric Acid (D-Calcium Pantothenate) 6 mg   + Calcium 50 mg   + Iodine 200 mcg   + Zinc 15 mg   + Selenium 28 mcg   + Manganese 1 mg   + Genistein 300 mg   + Nicotinamide Riboside 300 mg   + Rhodiola rosea 300 mg   + Broccoli seed extract 200 mg   + Fisetin (from Smoketree stem) 100 mg   + Luteolin 100 mg   + Ubiquinol 50 mg   + Lactobacillus acidophilus 20 mg   + Spermidine 10 mg   + Boron 3 mg   + Lithium 1 mg | * + **Vitamin D (50 mcg / 2000 IU)**: Supports bone health and immune function.   + **Vitamin E (67 mg)**: Powerful antioxidant that protects cells and supports skin health.   + **Vitamin B1 (1.1 mg)**: Helps convert food into energy and supports nervous system health.   + **Vitamin B2 (1.4 mg)**: Promotes energy production and healthy skin.   + **Niacinamide (15 mg)**: Supports skin health and cellular repair.   + **Vitamin B6 (1.4 mg)**: Essential for brain health and red blood cell production.   + **Folate (200 mcg)**: Supports DNA synthesis and cell growth.   + **Vitamin B12 (125 mcg)**: Vital for energy production and nervous system function.   + **Biotin (50 mcg)**: Promotes healthy skin, hair, and nails.   + **Pantothenic Acid (6 mg)**: Supports energy metabolism and stress response.   + **Calcium (50 mg)**: Essential for strong bones and teeth.   + **Iodine (200 mcg)**: Supports thyroid function and metabolism.   + **Zinc (15 mg)**: Boosts immune health and aids in wound healing.   + **Selenium (28 mcg)**: Supports thyroid function and acts as an antioxidant.   + **Manganese (1 mg)**: Supports bone health and metabolism.   + **Genistein (300 mg)**: Phytoestrogen that may support hormonal balance and bone health.   + **Nicotinamide Riboside (300 mg)**: Boosts cellular energy and promotes healthy aging.   + **Rhodiola Rosea (300 mg)**: Reduces stress and enhances physical and mental performance.   + **Broccoli Seed Extract (200 mg)**: Rich in antioxidants, supports detoxification and cellular health.   + **Fisetin (100 mg)**: A powerful antioxidant with anti-aging properties.   + **Luteolin (100 mg)**: Reduces inflammation and supports brain health.   + **Ubiquinol (50 mg)**: Active form of CoQ10, boosts energy and heart health.   + **Lactobacillus Acidophilus (20 mg)**: Promotes gut health and digestion.   + **Spermidine (10 mg)**: Supports cellular renewal and longevity.   + **Boron (3 mg)**: Supports bone health and hormone regulation.   + **Lithium (1 mg)**: May support mood stabilization and cognitive health. |
| Iodine | 1 | * + Iodine 12.5 mg | **Iodine (12.5 mg)**: Supports thyroid function, regulates metabolism, and promotes healthy hormone production. |
| Boron | 1 | * + Boron 30 mg | **Boron (30 mg)**: Supports bone health, improves calcium and magnesium metabolism, and may enhance cognitive function and hormonal balance. |
| Blueprint Longevity drink | 1 | * + Vitamin C 250 mg   + Magnesium 150 mg   + Creatine 2500 mg   + Calcium Alpha-Ketoglutarate 2000 mg   + Glucosamine Sulfate 1500 mg   + Taurine 1500 mg   + Glycine 1200 mg   + L-Lysine 1200 mg   + Ashwagandha root 600 mg   + L-Glutathione 250 mg   + L-Theanine 200 mg   + Sodium Hyalorunate | * + **Vitamin C (250 mg)**: Boosts immune function, acts as a powerful antioxidant, and promotes collagen synthesis.   + **Magnesium (150 mg)**: Supports muscle and nerve function, energy production, and bone health.   + **Creatine (2500 mg)**: Improves muscle strength, performance, and recovery in physical activities.   + **Calcium Alpha-Ketoglutarate (2000 mg)**: May support bone health and cellular energy metabolism.   + **Glucosamine Sulfate (1500 mg)**: Promotes joint health and reduces symptoms of osteoarthritis.   + **Taurine (1500 mg)**: Supports heart health, electrolyte balance, and energy production.   + **Glycine (1200 mg)**: Aids in collagen production, sleep quality, and cognitive function.   + **L-Lysine (1200 mg)**: Essential for protein synthesis, immune function, and collagen production.   + **Ashwagandha Root (600 mg)**: Reduces stress, enhances energy, and supports overall well-being.   + **L-Glutathione (250 mg)**: A powerful antioxidant that supports detoxification and skin health.   + **L-Theanine (200 mg)**: Promotes relaxation and improves focus without drowsiness.   + **Sodium Hyaluronate**: Enhances skin hydration, joint lubrication, and overall skin health. |