

# Strategy

## What Supplements Should You Take Daily?

We divide your daily needs into different categories (tiers). It took many years of research to understand this concept, but applying these strategies will serve you well for better health:

### Tier I: The Foundation

The Foundation is a regimen to be taken by **EVERYONE**, male or female, young or old. It contains four elements and is not to be changed and modified at any time:

- **A Great Multivitamin with Minerals** (Consider Power Source One, at a dose of six to eight a day, available at [www.PowerSourceOne.com](http://www.PowerSourceOne.com).)
- **Magnesium:** 500-1,000mg a day (not oxide)
- **Good-Quality Fish or Other Oil:** one to two a day
- **Vitamin C:** one to two 1,000mg capsules daily, never chewable

### Tier II: For Age Fifty-Five and Over

These should be taken **in addition to The Foundation**, for great benefit to people fifty-five and older:

- **Vitamin D:** 5,000IU per day
- **Melatonin:** Before sleep, 1mg for every decade you have lived (Those age fifty-five would take at least 6mg, and age seventy-two or older should take at least 8mg.)
- **Probiotics:** 20 billion or more
- **Digestive Enzymes:** with each meal
- **Vitamin E** 4-800 IU (look for the word “mixed” tocopherols and tocotrienols)

**Vitamin B12** (for those fifty-five and older who are chronically fatigued): 1mg injections i.m., at least monthly for the rest of your life. When tired more often.

### **Tier III: For Specific Conditions or Further Wellbeing**

- **Antioxidants, anticancer supplements** (sulphoraphane, DIM, blueberries, spirulina/chlorella, etc.)
- **CoQ10** (ubiquinol form), the more the better
- Supplements **for special conditions** like arthritis, cardiovascular, mental wellbeing, prostate, cancer, etc.

### **Instructions and clarifications:**

Never substitute any element from The Foundation or even Tier II. In other words, The Foundation must always remain the same. You can build upon it, but do not remove anything.

Do not remove Vitamin C, for instance, because you just chose to add CoQ10, Resveratrol, or something else; Vitamin C is part of The Foundation and should, therefore, be a constant form of supplementation. You may take **more** supplements if necessary, but **do not substitute**, especially not for anything listed in Tier I: The Foundation.

Those fifty-five or older should also adhere to Tier II, and those suffering from specific conditions or just wanting to further improve their organ/system or overall health should add Tier III supplements.

Minerals and amino acids can be taken separately or specially mixed and prepared for you by special companies that specialize in healthy combinations.

## **What Makes a Great Daily Multivitamin and Supplement?**

A great multivitamin is not junk or cheaply made. It is a multivitamin with other supplements too, that can make a real difference and have a real positive impact on health.

**A great multivitamin is never one or two a day.** You just can't squeeze that many high impact ingredients into a one-a-day small capsule. If really you want to take a high enough quantity of the ingredient powder necessary to have a high impact on health, this daily powder will be the size of a walnut. It will be difficult or impossible to swallow because of the size. For this simple reason and for convenience, the whole walnut size amount of powder is divided into 6 or 8 capsules a day.

A great multi should never be less than 4 a day. Ideally it will be 6-8 a day even more. There are also supplements with a daily dose of fourteen or more daily. Usually these provide only minimal extra benefit compared with 6-8 a day as the extra will generally be green powder or powdered herbs and vegetables.

### **To Spot a Great Multivitamin:**

**1. Check the serving size.** Anything **less than 4 a day is no good.**

and

**2. Check the B vitamins it contains.** B1 or B6 levels should be **35 to 50mg** or higher for a daily dose, ideally close to 100mg.

More sophisticated evaluators should examine the label for the rare occurrence when the manufacturer includes activated B vitamins like Benfothiamine, Pyridoxal 5 Phosphate, 5 Methyl Folate, etc.

We strongly recommend a high impact formula developed and designed by Dr. Pop over the last fifteen years, called **Power Source One**. It is one of the most powerful and

complete daily supplement on the market that you can find. It contains more than fifty high impact, high quality ingredients. One bottle of **Power Source One** has the equivalent of you taking **twenty-three bottles** of other so-called commercial supplements.

**Power Source One** is very well tolerated by patients, and many have offered amazing testimonials. **Power Source One** is available online at [www.PowerSourceOne.com](http://www.PowerSourceOne.com). Use it for yourself and feel the difference.