

Supplement	Uses	Possible Side Effects	Total Benefits
Cranberry	Antioxidants, Blood Pressure (High), Blood Sugar, Cancer, Cholesterol, Digestion, Heart, Immune, Inflammation, Skin, Urinary Tract Infections, Weight	Acid Reflux, Blood Sugar, Food Allergy, Kidney Stones, Weight Gain	12
Omega 3	Arthritis, Brain, Cancer, Cholesterol, Circulation, Eczema, Heart, Inflammation, Mood, Pancreatitis, Sleep, Stroke	Stomach upset, heartburn, nausea.	12
Vitamin C	Aging, Allergies, Antioxidants, Blood Pressure (High), Cancer, Energy, Hair, Immune, Kidneys, Pancreatitis, Skin, Stroke	Insomnia, anxiety, upset stomach.	12
White, Black, Green Tea combo	Allergies, Antioxidants, Blood Pressure (High), Blood Sugar, Brain, Bones, Cancer, Cholesterol, Heart, Mood, Stroke, Weight	Rare: stomach upset, decreased Blood Pressure (High).	12
Dandelion Root	Blood Pressure (High), Blood Sugar, Cancer, Cholesterol, Detoxification, Digestion, Immune, Inflammation, Kidneys, Liver, Weight	Upset stomach, tooth enamel erosion, digestive issues.	11
Garlic	Aging, Blood Pressure (High), Brain, Bones, Cholesterol, Circulation, Detoxification, Digestion, Heart, Immune, Stroke	Gas, bloating, allergic reactions.	11
Green Tea	Allergies, Antioxidants, Blood Sugar, Brain, Bones, Cancer, Cholesterol, Heart, Mood, Stroke, Weight	Red urine or stools, potential kidney stones.	11
Black Tea	Allergies, Antioxidants, Blood Pressure (High), Blood Sugar, Brain, Cancer, Cholesterol, Heart, Stroke, Weight	Nausea, diarrhea, skin rash.	10
Curcumin	Allergies, Alzheimers, Antioxidants, Arthritis, Cancer, Eczema, Inflammation, Joints, Kidneys, Pancreatitis	Stomach irritation, sweating, burning sensation.	10
Moringa	Blood Pressure (High), Blood Sugar, Cancer, Energy, Hair, Heart, Infections / Parasites, Inflammation, Skin, Weight	Gastrointestinal issues, low blood sugar, possible drug interactions.	10
Probiotics	Acid Reflux, Digestion, Eczema, Immune, Inflammation, Mood, Pancreatitis, Skin, Urinary Tract Infections, Weight	Allergy, Constipation, Digestion, Headaches, Histamine Production, Weight Gain	10
Aloe Vera	Acid Reflux, Arthritis, Blood Sugar, Eczema, Hair, IBS, Immune, Inflammation, Skin	Abdominal Cramps, Blood Sugar Medications, Breastfeeding, Contact Dermatitis, Potassium Loss	9
Apple Cider Vinegar	Aging, Blood Sugar, Cholesterol, Detoxification, Digestion, Heart, Infections / Parasites, Skin, Weight	Allergic reactions, nausea, diarrhea.	9
Astaxanthin	Aging, Allergies, Antioxidants, Arthritis, Brain, Heart, Immune, Inflammation, Skin	Generally safe, but can cause mild digestive upset in some people.	9
Chicken Bone Broth	Aging, Bones, Digestion, Hair, Immune, Inflammation, Joints, Skin, Weight	Allergic reactions, digestive upset.	9
Selenium	Allergies, Antioxidants, Asthma, Brain, Cancer, Heart, Immune, Liver, Thyroid	Green stools, digestive upset.	9
Berberine	Blood Pressure (High), Cholesterol, Heart, Immune, Infections / Parasites, Inflammation, Mood, Weight	Constipation, kidney stones, digestive upset.	8
Ginger	Blood Sugar, Brain, Cancer, Cholesterol, Digestion, Heart, Inflammation, Weight	Allergic reactions, high sodium content in some brands.	8
Resveratrol	Aging, Allergies, Antioxidants, Blood Pressure (High), Blood Sugar, Heart, Kidneys, Weight	Allergic reactions, digestive issues.	8
Vitamin B12	Anemia, Bones, Dehydration (Alcohol), Energy, Hair, Mood, Skin, Stroke	Digestive issues, allergic reactions.	8
Vitamin E	Allergies, Antioxidants, Brain, Eczema, Heart, Immune, Pancreatitis, Skin	Rare: digestive issues, allergic reactions.	8
Zinc	Aging, Cell Growth, Dehydration (Alcohol), Eczema, Immune, Inflammation, Liver, Skin	Stomach upset, nausea, possible blood thinning effects.	8
Dark Chocolate (Flavonol)	Aging, Allergies, Antioxidants, Blood Pressure (High), Brain, DNA, Heart	Rare: digestive upset, masking B12 deficiency.	7
Lysine	Bones, Hair, Mood, Muscles, Skin, Sleep, Stroke	Amino Acid, Calcium, Cholesterol, Diarrhea, Gallstones, Headaches, Kidney Stones, Lipid	7
Pure Graviola	Allergies, Antioxidants, Blood Sugar, Cancer, Immune, Inflammation, Weight	Digestive issues, headache, potential liver problems.	7
Salmon	Bones, Heart, Inflammation, Joints, Mood, Skin, Weight	Nausea, digestive issues, possible interference with copper absorption.	7
White Tea	Allergies, Antioxidants, Blood Sugar, Brain, Cancer, Heart, Weight	Heartburn, digestive upset, potential interaction with blood thinners.	7
Blueberries	Allergies, Antioxidants, Blood Pressure (High), Brain, Heart, Skin	Rare: stomach upset, headaches.	6
Calcium	Blood Pressure (High), Bones, Cancer, Heart, Muscles, Weight	Allergic reactions, mild gastrointestinal symptoms.	6
Chlorophyll	Cancer, Detoxification, Digestion, Immune, Infections / Parasites, Skin	High calorie content, caffeine effects, potential for dental issues.	6
Colostrum	Cell Growth, Digestion, Gut Health, Hair, Immune, Muscles	Overhydration, imbalance in electrolytes.	6
Glutamine	Allergies, Antioxidants, Cholesterol, Digestion, Immune, Muscles	Constipation, nausea, potential for iron overload.	6
Iron	Anemia, Brain, Energy, Immune, Skin, Sleep	Diarrhea, liver issues, potential for interaction with medications.	6
Magnesium	Blood Pressure (High), Bones, Energy, Muscles, Sleep, Stroke	Drowsiness, headaches, digestive issues.	6
Quercetin	Allergies, Antioxidants, Blood Pressure (High), Cancer, Heart, Inflammation	Bad breath, digestive upset, allergic reactions.	6
Turmeric	Allergies, Antioxidants, Inflammation, Joints, Mood, Muscles	Stomach upset, potential for blood thinning effects.	6
Vitamin D3	Arthritis, Bones, Eczema, Immune, Mood, Stroke	Allergic reactions, skin irritation.	6
Bromelain	Cancer, Digestion, Immune, Inflammation, Weight	Caffeine effects, digestive issues, potential iron absorption interference.	5
Collagen	Bones, Eczema, Hair, Joints, Skin	Skin irritation, flushing, potential liver issues at high doses.	5
Fo-Ti	Aging, Brain, Hair, Liver, Skin	Rare: potential for interference with mineral absorption.	5
IP6	Allergies, Antioxidants, Cancer, Cholesterol, Immune	Iodine toxicity, gastrointestinal issues.	5
Turkey Tail Mushroom	Blood Sugar, Cancer, Gut Health, Immune, Weight	Dizziness, nausea, potential for drug interactions.	5
Vitamin B3 (Niacin)	Cholesterol, Circulation, Digestion, Energy, Skin	Gas, bloating, digestive discomfort.	5
Artichoke Leaf	Blood Pressure (High), Cholesterol, Digestion, Liver	Diarrhea, nausea, abdominal cramping.	4
Beet Root	Blood Pressure (High), Circulation, Detoxification, Energy	Drowsiness, headache, potential for vivid dreams.	4
Betaine Hydrochloric	Detoxification, Digestion, Gut Health, Inflammation	Digestive upset, allergic reactions.	4
Boswellia	Arthritis, Digestion, Inflammation, Joints	Gastrointestinal issues, potential interactions with medications.	4
Chili Powder	Cholesterol, Circulation, Heart, Inflammation	Allergic Reaction, Digestive Irritation, Gastrointestinal Discomfort, Heat Sensitivity	4
Folic Acid (B9)	Anemia, Cell Growth, DNA, Kidneys	Fishy aftertaste, gastrointestinal issues, potential for bleeding at high doses.	4
Gaba	Blood Pressure (High), Brain, Mood, Sleep	Hyperkalemia (high potassium levels), heart issues.	4
Jerusalem Artichoke	Blood Pressure (High), Digestion, Gut Health, Inflammation	Rare: digestive upset, headache.	4
Milk Thistle	Detoxification, Immune, Liver, Pancreatitis	Potential for mercury contamination, fish allergies.	4
Niacinamide	Aging, Kidneys, Mood, Skin	Allergic reactions, digestive issues.	4
Nitric Oxide	Blood Pressure (High), Brain, Circulation, Muscles	Headache, dizziness, nausea, methemoglobinemia, respiratory irritation, pulmonary edema, hypotension, lung damage, toxic effects	4
Riboflavin	Allergies, Antioxidants, Energy, Skin	Rare: nausea, irritability, potential for allergic reactions.	4
Black Walnut Hulls	Detoxification, Digestion, Infections / Parasites	Potential for toxicity, gastrointestinal issues.	3
Cayenne Pepper	Circulation, Digestion, Weight	Headaches, digestive upset, possible interaction with blood thinners.	3
Digestive Enzymes	Acid Reflux, Cystic Fibrosis, IBS	Allergic Reactions, Gastrointestinal Issues, Headaches, Increased Risk of Infection, Interactions with Medications	3
Electrolytes	Dehydration (Alcohol), Energy, Muscles	Rare: digestive issues, potential interactions with medications.	3
Ivermectin	Energy, Immune, Infections / Parasites	Rare: yellow urine, potential for mild gastrointestinal upset.	3
Lanolin	Eczema, Hair, Skin	Caffeine effects, potential for digestive issues.	3
Potassium	Blood Pressure (High), Muscles, Stroke	Selenosis (toxic levels), digestive issues.	3
PQQ	Allergies, Antioxidants, Brain	Toxicity at high doses, hypercalcemia.	3
Vitamin A	Immune, Kidneys, Skin	Mild gastrointestinal upset, potential allergic reactions.	3