



SUPPLEMENT SAFETY

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Disclaimers: This document is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. You should consult a licensed health care professional before starting any supplement, dietary, or exercise program, especially if you are pregnant or have any pre-existing injuries or medical conditions. Women have widely varying opinions on the safety of essential oils and supplements during pregnancy. Some of these supplements contain herbs, essential oils, and ingredients that women choose to avoid while pregnant or nursing. Please consult the product label for complete list of ingredients. These products are not intended to diagnose, treat, cure, or prevent any disease.

Product	What's it for?	Key Ingredients	Dose	Adverse Effects	Precautions
5-Day Nutritive Cleanse	Total Body Cleansing	Protein and Fiber Powder, Antioxidant Juice, Digestive Health	See individual products.	Stomach upset, flatulence	Very low in calories. Do not use exclusively if pregnant. Try to use Digest and Cleanse and Balance Complete together to reduce risk of flatulence.
AgilEase	Joint Health	Turmeric, Collagen, Glucosamine Sulfate	Take 2 capsules by mouth daily.	Usually well tolerated. Mild stomach upset	
AlkaLime	pH Balance	Calcium Carbonate, Sodium Bicarbonate, Potassium Bicarbonate	Take 1 teaspoon 1-3 times by mouth daily, as needed.	High blood pressure	Contains high amounts of sodium. Inappropriate for people with kidney or heart disease.
AlkaLime Stick Packs	pH Balance	Calcium Carbonate, Sodium Bicarbonate, Potassium Bicarbonate	Dissolve 1 packet in 8 oz water, and take 1-3 times by mouth daily, as needed.	High blood pressure	Contains high amounts of sodium. Inappropriate for people with kidney or heart disease.
Allerzyme	Digesting Food	Plant-Based Enzymes, Lactase	Take 1 capsule three times daily just prior to all meals or as needed.	Usually well tolerated. Mild stomach upset	
AminoWise	Post-Workout Drink	Branched-Chain Amino Acids, Polyphenols, Zinc	Mix 1 scoop with 8 fl. oz. of water and consume during or after exercise.	Blood sugar changes	May lead to high or low blood sugar. Monitor frequently.
BLM	Bone & Joint Health	Glucosamine Sulfate, Collagen, MSM	Under 120 lbs: take 1 capsule 3 times daily. 120 - 200 lbs: take 1 capsule 4 times daily. Over 200 lbs: take 1 capsule 5 times daily.	Stomach upset, headache	
CardioGize	Heart Health	Vitamin K2, Folate, Selenium	Take 2 capsules by mouth daily.	Nausea	Drug interactions with certain blood thinning medicines may occur. Monitor anticoagulants carefully.
Cleansing Trio	Total Body Cleansing	Digestive Enzymes, Fiber, Cascara	See individual products.	Gastrointestinal upset, cramps, diarrhea or constipation	May turn bowels black. Extended use may increase the risk of dependency on supplement for bowel movement. Stop using if diarrhea occurs.
ComforTone	Stimulates Bowel Movements	Cascara	Take 1 capsule by mouth 1-3 times daily.	Gastrointestinal upset, cramps, diarrhea	May turn bowels black. Extended use may increase the risk of dependency on supplement for bowel movement. Stop using if diarrhea occurs. Contains cascara which has been linked to pre-term labor. Do not use if pregnant.

Product	What's it for?	Key Ingredients	Dose	Adverse Effects	Precautions
CortiStop	Stress Management	Pregnenolone, Black Cohosh, DHEA	Take 2 capsules by mouth in the morning before breakfast. If desired, take another two capsules before retiring.	Overstimulation, anxiety, high blood pressure, hormone changes	May affect hormones. Use caution if you have a history of women's health disorders. Should not be used by women with polycystic ovarian syndrome.
Detoxzyme	Digesting Food	Plant-Based Enzymes, Lactase, Cumin Seed Powder	Take 2 capsules by mouth 3 times daily between meals or as needed.	Usually well tolerated. Mild stomach upset	
Digest & Cleanse	Digesting Food	Peppermint, Fennel, Lemon, and Ginger Essential Oils	Take 1 gel capsule 1-3 times by mouth daily before meals.	Stomach upset	Take with food to reduce risk of side effects.
EndoGize	Endocrine System Support	Ashwagandha Root, Muira Puama Bark, Ginger Root Essential Oil	Take 1 capsule by mouth twice daily.	Stomach upset, headache, insomnia, menstrual changes	Use caution if you have low blood pressure or take blood pressure medications. May irritate stomach ulcers.
Essentialzyme	Digesting Food	Pancreatic And Plant-Based Enzymes, Thyme Leaf Powder, Alfalfa	Take 1 caplet by mouth 1 hour before your largest meal of the day.	Usually well tolerated. Mild stomach upset	
Essential-zymes-4	Digesting Food	Animal And Plant-Based Enzymes, Bee Pollen Powder	Take 2 capsules (one dual dose blister pack) 2 times daily with largest meals.	Usually well tolerated. Mild stomach upset	Contains bee products. Do not use in a child less than 1 year old.
Femigen	Female Reproductive Health	Wild Yam, Dong Quai, Ginseng	Take 2 capsules with breakfast and 2 capsules with lunch.	Menstrual changes	
ICP	Fiber Supplement	Soluble and Insoluble Fibers	Drink 2 rounded teaspoons mixed with at least 8 oz. of juice or water 1-3 times daily.	Constipation	Use with large amounts of water to reduce risk of constipation.
ImmuPro	Sleep, Immune System	Zinc, Selenium, Wolfberry	Take 1-2 chewable tablets daily as needed, at bedtime.	Sedation, sleepiness, sedation	Some people hate the taste of the chew tab and choose to swallow whole.
Inner Defense	As Needed Immune Support	Cinnamon, Clove, Rosemary, Lemon And Eucalyptus Essential Oils	Take 1 gel capsule by mouth daily in the morning. May use 3-5 times a day, for a short period of time.	Stomach upset, belching	Take with food to reduce risk of side effects.
JuvaPower	Liver Health	Beet Root Powder, L-Taurine, Spinach Leaf Powder, Dill Seed	Sprinkle 7.5 grams (1 tablespoon) on food or add to 4-8 oz. water and drink. Use 3 times daily for maximum benefits.	Diarrhea, constipation	

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JuvaTone	Liver Health	Choline, Inositol, dl-Methionine	Take 2 tablets by mouth 2 times daily.	Decreased blood pressure, sweating, fishy body odor, diarrhea, nausea	Tablet is difficult to swallow. Take with large amounts of water.
K&B	Kidney and Bladder Health	Uva-Ursi Leaf Extract, Juniper Bery Extract, Dandelion Root Extract	Take 3 half-droppers (3mL) 3 times daily.	Nausea, vomiting, stomach upset, greenish-brown discoloration of urine	Unpleasant flavor.
KidScents MightyPro	Probiotic	<i>Bifidobacterium sps</i> , <i>Lactobacillus sps</i> , <i>Streptococcus thermophilus</i>	For children 2 years and older, take 1 packet daily by mouth with food.	Usually well tolerated. Mild stomach upset	
KidScents MightyVites	Multiple Vitamin	Plant-based Vitamins and Minerals	Children ages 4–12, take 4 chewable tablets daily.	Stomach upset	
KidsScents MightyZyme Chewable Tablets	Digesting Food	Animal and Plant-Based Enzymes	Take 1 tablet 3 times daily with meals.	Usually well tolerated. Mild stomach upset	
Life 9	Probiotic	<i>Bifidobacterium sps</i> , <i>Lactobacillus sps</i> , <i>Streptococcus thermophilus</i>	Take 1 delayed release capsule by mouth daily every evening.	Usually well tolerated. Mild stomach upset	Store in refrigerator. Separate from foods and supplements.
Longevity	Antioxidants	Thyme, Orange, Frankincense Essential Oils	Take 1 gel capsule by mouth daily with food.	Stomach upset	Take with food to reduce risk of side effects.
Master Formula	Multiple Vitamin	Plant-based Vitamins and Minerals	Take 1 liquid capsule, 1 caplet, and 2 powder capsules from 1 packet by mouth daily.	Stomach upset, flushing	Yellow urine is common. Flushing may occur. May irritate stomach ulcers.
MegaCal	Bone and Cardiovascular Health	Calcium, Magnesium, Manganese, Vitamin C	Take 1 scoop (1 tsp.) with 1 cup (240 mL) of water or juice daily, 1 hour after a meal.	Constipation	
MindWise	Cognition	Sacha Inchi Seeds, Unsaturated Fatty Acids, Omega-3 Fatty Acids	Take 1 tablespoon by mouth once daily.	Elevates HDL cholesterol	Check with your doctor before taking if you take blood pressure medication or blood thinners or have diabetes.
MindWise Single Serve Sachets	Cognition	Sacha Inchi Seeds, Unsaturated Fatty Acids, Omega-3 Fatty Acids	Take 1 sachet by mouth once daily.	Elevates HDL cholesterol	Check with your doctor before taking if you take blood pressure medication or blood thinners or have diabetes.
Mineral Essence	Mineral Support	Naturally Occuring Minerals, Royal Jelly	Take 5 half droppers (1 mL) by mouth twice daily	Nausea, mineral toxicity, if overconsumed	Contains bee products. Do not use in a child less than 1 year old. Unpleasant flavor.

Product	What's it for?	Key Ingredients	Dose	Adverse Effects	Precautions
MultiGreens	Chlorophyll Supplement	Spirulina, Alfalfa Sprouts, Barley Grass, Bee Pollen	Take 3 capsules by mouth 2 times daily.	Dark stool, diarrhea	Contains bee products. Do not use in a child less than 1 year old.
Olive Essentials	Heart Health, Antioxidants, Cleansing	Hydroxytyrosol, Parsley and Rosemary Essential Oils	Take 1 capsuel by mouth with food daily.	Usually well tolerated. May cause mild headache or stomach upset	
OmegaGize3	Fish Oil Supplement	Omega-3 Fatty Acids, Vitamin D-3, CoQ10 (Ubiquinone)	Take 2 gel capsules by mouth twice daily as needed.	Stomach upset, belching	Take with food to reduce risk of side effects.
ParaFree	Cleansing	Sesame Seed Oil, Cumin Seed Oil, Olive Fruit Oil	Take 3 softgels 2 times daily.	Stomach upset	Take with food to reduce risk of side effects.
PD 80/20	Endocrine System Support	DHEA, Pregnenolone	Take 2 capsules by mouth per day.	Hormone excess, menstrual changes	May raise testosterone levels and should not be used by women with polycystic ovarian syndrome. Consider hormone testing before use.
PowerGize	Energy, Athletic Performance, and Alertness	Blue Spruce Essential Oil, Goldenrod Essential Oil, Ashwaganda Root Extract	Take 2 capsules by mouth per day.	Stomach upset, headache, insomnia	Designed for men.
Prostate Health	Prostate Health	Saw Palmetto, Pumpkin Seed Oil, Geranium Essential Oil	Take 1 capsule by mouth 2 times daily.	Stomach upset	Designed for men.
Rehemogen	Digestive Cleansing	Cascara	Dilute 3 mL in 8 oz water and take by mouth 3 times daily.	Gastrointestinal upset, cramps, diarrhea	May turn bowels black. Extended use may increase the risk of dependency on supplement for bowel movement. Stop using if diarrhea occurs. Contains cascara which has been linked to pre-term labor. Do not use if pregnant.
Sleep Essence	Sleep	Lavender, Vetiver, Valerian Essential Oils, Melatonin	Take 1–2 softgels by mouth 30–60 minutes before bedtime.	Stomach upset, belching, sedation, somnolence	
Slique CitraSlim	Fat Burning	Citrus extracts, flavinoids, citral	Take 2 powder capsules in the morning with 8 oz. water. Take 1 powder and one liquid capsule with 8 oz. of water in the afternoon.	Stomach upset	May cause weight loss.

Product	What's it for?	Key Ingredients	Dose	Adverse Effects	Precautions
Sulfurzyme Capsules	Detoxification, Digestion	Wolfberry, MSM	Take 2 capsules 2 times daily.	Stomach upset, bloating	
Sulfurzyme Powder	Detoxification, Digestion	Wolfberry, MSM, Fructooligosaccharides	Mix 1/2 teaspoon with juice or distilled water and take twice daily.	Flatulence, stomach upset, bloating	
Super B	Energy, Nervous System, Cellular Function	B Vitamins (B1, B2, B3, B5, B6, B7, B9, And B12), Nutmeg Essential Oil	Take 2 tablets by mouth daily.	Anxiousness, nervousness, excessive energy, flushing	Yellow urine is common.
Super C	Immune Support	Vitamin C, Calcium, Manganese, Zinc	Take 1-2 tablets by mouth daily.	Flushing, stomach upset, nausea	May irritate stomach ulcers.
Super C Chewable	Immune Support	Vitamin C, Camu Camu, Acerola, Rose Hips	Take 1 chewable tablet by mouth 3 times a day as needed.	Mouth ulceration, flushing, stomach upset, nausea	Rinse with water to reduce risk of mouth sores following use. May irritate stomach ulcers.
Super Cal Plus	Bone Mineral Density	Calcium, Magnesium Citrate, Vitamins D And K2	Take 2 capsules by mouth daily.	Constipation, diarrhea	
Thyromin	Thyroid Health	Porcine Glandular Extracts, Iodine, Amino Acids	Take 1-2 capsules by mouth daily, immediately before going to sleep.	Nervousness, sedation, dry mouth, constipation	Supplements affect people differently. Do not operate heavy machinery or drive until you know the effects. Drug interactions may occur with thyroid medicines. Monitor effects and drug levels carefully.
IlluminEyes	Eye Health	Vitamin A, Vitamin C, Lutein	Take 1 capsule by mouth daily with food.		
NingXia Red	Antioxidants	NingXia Wolfberry Pureé	Drink 1-2 ounces 2 times daily.	Stomach upset, belching, heartburn	Primarily nightshades. Theoretically pro-inflammatory.
NingXia Nitro	Energy, Cognition	D-Ribose, Choline, Yerba Mate	Consume 1-3 tubes by mouth daily.	Nervousness, anxiousness, tremor, high blood pressure, jitters	Contains caffeine. Monitor blood pressure and track if pregnant.

MY SUPPLEMENT ROUTINE



MORNING

Name: _____

Dose: _____

Name: _____

Dose: _____

Name: _____

Dose: _____

Name: _____

Dose: _____

Name: _____

Dose: _____

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NOON

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NIGHT

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WHEN EXERCISING

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Name: _____

Dose: _____

Name: _____

Dose: _____

Name: _____

Dose: _____

Name: _____

Dose: _____

Name: _____

Dose: _____

ABOUT LINDSEY ELMORE



EDUCATION & EXPERIENCE

BACHELOR OF CHEMISTRY

DOCTORATE IN PHARMACY

CERTIFICATIONS:

Pharmacist

Board Certified Pharmacotherapy Specialist

250 hr YTT in Vinyasa Flow, Yin Yoga, and
Aroma Yoga

Aroma Freedom Technique Certified

World Renowned Health and Wellness
Teacher; spoken in more than 30 countries on
5 continents.

Leading Authority for Young Living Science

SUPPLEMENTS I TAKE DAILY

- Sulfurzyme - 10 capsules daily
- Essentialzyme - 2 tablets daily
- IlluminEyes - 1 capsule daily
- MultiGreens - 3 capsules daily
- Super B - 2 tablets daily
- NingXia Red
- NingXia Nitro

SUPPLEMENTS I TAKE OCCASIONALLY

- Thyromin
- JuvaTone
- Life 9
- Essentialzyme-4
- Sleep Essence

