



## Daily Nutrition Additions

### Instructions

Include the following items in your diet daily (example brands: GNC, Now, Solaray, Garden of Life, Naturemade, RAW, Culturelle, and Florastor)

65-100 fl oz water daily
1-2 tsp salt or 2 cups of chicken/vegetable broth daily
99 mg potassium gluconate 2-4 tablets daily
400 mg magnesium citrate or glycinate once daily (up to 800 mg if needed for constipation)
1 multivitamin/mineral supplement daily
2000 IU vitamin D3 daily
1 probiotic supplement daily (if not consuming gut-friendly foods/beverages)

fl oz=fluid ounces    tsp=teaspoon    mg=milligrams    IU=International Units