

## Phase II RECOMMENDED SUPPLEMENTS

### **Foundation MULTI-VITAMIN**

It is crucial to take a multi-vitamin to cover all of your body's vitamin and mineral needs. For example, it is important to get enough potassium for a proper muscle function, and plenty of minerals to avoid leg or foot cramps. We suggest a multi-vitamin be taken, especially during *Phase II*. Our vitamin has been specially developed to be easily absorbed by women on our program.

### **BeRegular MAGNESIUM CITRATE**

When toxins sit in the colon, some may be re-absorbed, which can slow weight loss. If you are not having a bowel movement every other day, taking a gentle colon supplement is preferred over a strong laxative in order to protect good bacteria. Magnesium citrate works by pulling water into the colon, which helps the process of cleaning it out.

### **P-100 PURE MCT OIL**

This medium-chain fatty acid burns slow to keep blood sugar balanced resulting in more balanced hormones. This will make you feel fuller, provide steady energy, reduce stored body fat, promote clearer thinking, and improve your overall mood. NOTE: Only 1 Tbsp. per day, preferably used in a dressing, is allowed on *Phase II* of the program.

All of the Becoming Balanced supplements are professional strength and pure in quality. Many supplement brands found online or in chain health food stores contain a lot of fillers. For more information on these and other supplements we carry, talk to your Natural Hormone Balancing Specialist.

