



Stress Support Stack

Essential Minerals/Microelements

- Magnesium glycinate 300mg morning and night. Multiple forms in one capsule even better (citrate, glycinate, orotate, threonate etc. but not oxide),
- Zinc picolinate or orotate 25 mg daily and go up to 50mg per day.
- Selenium 200mcg per day
- Calcium 500mg
- Nascent Iodine 2 drops per day in water

Essential Vitamins

- B1 Thiamine - 100 mg
- B6 active form P-5-P 50mg
- B7 Biotin - 8 mg daily
- Methyl B12 1mg (can look for a high strength B Complex, so it's just one capsule instead of four)
- D3 125mcg (5000IU) & K2
- Vit C minimum 1000mg.

Energy support

- NMN (NAD+ precursor). NAD+ for energy only works in an IV form, not capsules.
- CoQ10 with PQQ

Neuroinflammation and detox support

- NAC 600mg
- Omega 3 1000mg-2000mg especially with high DHA (make sure high quality so it doesn't contain heavy metals)
- Liver GI (Pure Encapsulation)
- Electrolytes

Stress specific support

- Ashwagandha (don't use if in burnout)
- Resveratrol

Note: alcohol, sugar, most sweeteners, and processed foods are pro-inflammatory. So if your system is already under stress try not adding more to it.



Disclaimer:

These supplement recommendations are provided as general guidance to support stress resilience and recovery.

They may cause mild stomach upsets for some people, some people can be allergic to B1, or if you have kidney problems high dose (over 2g) of Vit C may increase oxalate risk.

Everyone's body is unique, so please take personal responsibility to consult your doctor or healthcare professional before starting any supplement, especially if you have pre-existing conditions (e.g., kidney issues, thyroid disorders), are pregnant, or take medications (e.g., blood thinners, sedatives). Also start one or two at a time, so you know what might not be agreeing with you. Your health is your journey, ensure these fit you safely.