

GET OFF YOUR
SUGAR

**10-DAY
DETOX**

SUPPLEMENT GUIDE

The supplements in this guide are intended to give you a basic foundation for optimal health. In order to keep the detoxification pathways working efficiently, the body's main systems need to be supported with the correct nutrients.

This list provides general guidelines for supplements that would be beneficial for the majority of people.

The follow supplements are suggestions. If you are taking any prescription medications, you should discuss adding in supplements with your pharmacist and/or medical doctor prior to taking any.

GREEN JUICE POWDER

This is a great option that can be used almost like a multivitamin. Chlorophyll is a powerful blood cleanser and blood builder, and reduces cravings for sugar.

A good quality greens product will contain a TON of minerals (which most people are very deficient in), plus a boatload of vitamins and antioxidants. Plus, it's very alkalizing, which is so important for strengthening your immune system and keeping your body in the perfect acid-alkaline balance.

Taking a greens product DOES NOT mean it relieves you from actually eating green veggies. You would take this product as well as eating all your delicious green vegetables.

Here is our favorite...

<https://www.getoffyouracid.com/collections/daily-greens>



PROBIOTICS

These are the good bacteria that live all along your digestive tract. They help to ensure the bad bacteria stay at optimal levels, support digestion, keep the immune system healthy (70% of your immune system is actually located in your gut), and support hormone production in the body.

The use of antibiotics can reduce your number of good bacteria. Other lifestyle factors such as stress and poor diet lead to less than optimal levels of good bacteria. Most people are severely deficient in probiotics. If your digestion is not optimal (think gas, bloating, IBS), you seem to get every illness that's going around, or you just don't feel the level of vitality you would like to feel, you likely need probiotics.

OUR FAVORITE BRANDS ARE KLAIRE LABS AND INNATE CHOICE

VITAMIN D3

Vitamin D is crucial for many different processes in the body. This vitamin functions more like a hormone than a vitamin. You get vitamin D from the sun. UV rays react with the cholesterol in your skin to produce vitamin D. Most people, in particular those who live in a more northern climate or who don't get regular sun exposure, are deficient in vitamin D.

It's a good idea to get your levels checked with your medical doctor or naturopath. A simple test can tell you if you need supplementation. You should regularly measure your vitamin D levels to make sure you're maintaining optimal levels; supplementation should be tailored to keep you in the optimal range.

OUR FAVORITE BRAND IS PURE VEGAN D3 WITH K2

OMEGA-3 FATTY ACID - FISH OIL

Fish oil is rich in essential fatty acids, especially omega-3 fatty acids. Omega-3 fats are as important to your brain and cells, as protein is to your muscles, and calcium is to your bones.

These critical fats are called “essential” because your body cannot make them; they need to be consumed in the diet. Your body needs to maintain a certain ratio of omega-3 to omega-6. Most people have over consumed omega-6 fats, which are pro-inflammatory. Omega-6 is found in vegetable oils. Low quality vegetable oils are found in most packaged products. Too much omega-6 in the body leads to inflammation, causing a whole host of health problems.

Supplementing with fatty acids high in omega-3 is crucial for most people to bring the ratio of omega-3 to omega-6 back into balance. Supplementing with fish oil can also help to lower cholesterol, balance hormones, improve joint health and function, reduce inflammation, improve cognition and memory, improve eye health, and give you clear and glowing skin.

In addition to using fish oil supplements, you should also add healthy fats into your diet to get a wide spectrum of the essential fatty acids your body needs for optimal health.

HERE IS OUR FAVORITE BRAND...

<https://www.getoffyouracid.com/collections/daily-omega-3/products/daily-omega-3>



B VITAMINS

B Vitamins are essential for many different processes in the body but are especially crucial for keeping your metabolism running smoothly, making sure you get maximum energy from food, supporting brain health, and helping you adapt to stress. While there are many individual vitamins classified as “B vitamins”, each having a unique role in the body, an easy way to ensure you are getting a good balance of what you need is to take a B complex.

A B complex supplement will contain a good variety of the most essential B vitamins necessary for optimal functioning of the body

OUR FAVORITE BRAND IS PURE ENCAPSULATIONS B-COMPLEX PLUS

DIGESTIVE ENZYMES

Digestive enzymes help to break down carbohydrates, proteins, and fats from all the food you eat and turn it into energy and raw materials to be used in all of the body’s processes. They are extremely important!

The body has the ability to make enzymes to break down all of the food necessary to keep the body healthy. In addition, most foods in their raw form (think fruits and vegetables) have enzymes naturally occurring within them to assist in the process. The problem occurs when the body is overloaded with too much food and food that doesn’t contain its own natural enzymes (over processed food, lots of cooked food). This is when digestion and metabolism start to slow down because the body cannot keep up with making enough enzymes.

Taking digestive enzymes as a supplement, while you are improving your diet and lifestyle, can assist the body in breaking down food to eventually bring the body’s own production of enzymes back into balance.

OUR FAVORITE DIGESTIVE ENZYME IS PANCREATIN SOLD BY SOLARAY OR NOW FOODS.

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