
Dr. Powers' SAFE SUPPLEMENT LIST

Supplements can either do good, do harm, or do nothing ... depending on what you take, how much, for how long – and also based on the body they are going in.

Below is a list of supplements that Dr. Powers has researched and found to be safe and effective with his clients, and ... are generally “safe” to self-prescribe without professional guidance.

Please note:

- ⇒ Although generally safe for most people, professional supervision is recommended before taking supplements due to potential supplement sensitivities.
 - ⇒ If on any medication, notify your doctor before taking supplementation.
 - ⇒ Dosages and frequency listed on bottle label may not necessarily be optimal for an individual's specific needs.
 - ⇒ Products listed below may not necessarily be available in Dr. Powers' store.
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Daily foundational supplements:

- ***Dr. Powers Foundational Formulas (coming soon!)***
- ActivEssentials with OncoPLEX & D3
- ActivEssentials for Women
- Foundation Essentials
- ActivNutrients without Iron
- ActivNutrients without Iron and Copper (also available in powder form)

Plant concentrates

- OrganiX PhytoFood
- PaleoGreens
- Premier Greens
- Premier Greens Capsules

Healthy oils/fats

- Body Bio Balance 4-1 Oil [requires refrigeration]
- Cod Liver Oil
- DHA from Algae
- DHA from Algae Kids
- DHA Junior Liquid Strawberry
- DHA Junor Strawberry
- CoQMax Omega 50
- CoQMax Omega 100
- Omega MonoPure 650 EC
- Omega MonoPure 1300 EC
- Omega MonoPure MD EC
- OmegaPure Krill
- OmegaPure Liquid

Protein/amino acid Functional Food Powder

- FitFood Lean Complete
- FitFood Lean Whey
- FitFood Vegan Complete
- IgG Pure (New Zealand whey protein)
- i5
- OptiCleanse GHI
- OptiCleanse Plus
- XymoBolX

Vitamins & Minerals

- B Activ (B-complex)
- D3-2000

- K2-45 (vit-K2)
- Methyl Protect (B12 formula)
- MinRex (chelated multi-mineral formula)
- OptiMag 125
- Ossopan 1100
- Ossopan MD
- RegeneMax Plus
- Xcellent C
- Xcellent E

Antioxidants

- Bio C 1:1
- CoQMax
- CoQMax Omega 50
- CoQMax Omega 100
- CoQ Max Ubiquinol
- I-Sight (eye health)
- Oraxinol

Children daily supplements

- ActivNutrients Chewables
- DHA from Algae Kids
- DHA Junior Liquid Strawberry
- Wheat Germ Oil Fortified

Constitutional support

- SafeCare Constitutional Enhancer

Brain health:

- MemorAll

Cooking:

- Celtic Sea Salt Fine Grind
- Pink Salt

Detoxification:

- ***Dr. Powers DETOX PAX (coming soon!)***
- Detox Renewal Kit
- Drainage
- NAC
- NDF Mouth Rinse
- OptiFiber Lean
- XenoProtX

Gut health:

- ***Dr. Powers GUT PAX (coming soon!)***
- ColonX
- i5
- L-Glutamine
- Magnesium Citrate
- Natural Calm
- OptiFiber Lean
- PaleoFiber (berry; unflavored)
- SafeCare Lower GI Restoration

Digestive support

- PanXyme pH
- PepciX

Probiotics

- Probio Defense
- ProbioMax Daily DF
- ProbioMax DF
- ProbioMax IG 26 DF
- ProbioMax Plus DF
- Saccharomycin

Healthier shape:

- OptiMetaboliX
- OptiMetaboliX 2:1
- SafeCare Appetite and Weight w/P.H.A.T.

Immune Support:

Allergy symptoms

- AllerDHQ
- SafeCare Allergies: Hay Fever
- SafeCare Allergies: Mold
- SafeCare Allergies: Southwestern
- SafeCare Sinus Relief

Colds, minor respiratory infection

- *Dr. Powers IMMUNE PAX (coming soon!)*
- Immune Essentials
- Argentyn 23
- Argentyn Dropper Top (eyes)
- Argentyn Nasal Spray (sinuses)
- GarliX
- ImmunotiX 250
- ImmunotiX 500
- Manuka Honey Neutralizer Ginger Peach
- SafeCare Acute Viro Reliever
- SafeCare Sinus Relief
- SafeCare Lung & Bronchial Relief
- Viragraphis
- Zand Lozenges

Children – colds, minor respiratory infection

- ImmunoBerry Liquid
- Mullein Garlic (earache)

Viral support

- Super Lysine Plus ointment

Joint Health:

- SynovX DJD
- SynovX Performance
- SynovX Recovery
- SynovX Tendon and Ligament

Men's health:

- Prostate FLO
- XenoProtX

Oral/dental care:

- PerioBiotic Toothpaste
- PerioBrite Toothpaste
- PerioClear Mouthwash

- PerioComfort
- PerioPaste
- PerioScript Herbal Irrigant

Outdoor comfort:

- Buzz Away Insect Repellent
- SSSSting Stop Gel

Pain/inflammation:

- Curaphen
- CurcuPlex 95
- ProteoXyme
- Real Time Pain Relief Cream
- Saloxicin
- Topricin

Skin:

Irritation

- All Purpose Salve (topical)
- Argentyn 23 gel, 1 oz/2 oz (topical)
- Calendula Gel
- Calendula Tincture
- Nujuvena
- SSSSting Stop Gel

Skincare

- Devita Acne Solution
- Devita Aloe Scrub
- Devita Aloe Vera Moist Cleanser
- Devita Cucumber Toner
- Devita Complex KBA
- Devita Shea Butter Hand/Body Brulee
- Devita Solar Body Moisturizer
- Salvestrol Cream

Skin health

- RegeneMax Plus
- Super Lysine Plus ointment

Sleep aids:

- Insomnitol Chewables
- SafeCare Sleep Aid
- SedaLin
- SerenX

Stress Management:

- Adrenal Essence
- ATP Ignite (energy boost)
- CortiSolv
- GABA/L-Theanine (topical)
- L-Theanine
- RelaxMax (cherry; unflavored)
- SafeCare Intense Anxiety
- SafeCare Stress Control
- SerenX

Workout Performance/Results:

- ATP Ignite Workout

- CarniteX (L-Carnitine)
- E-Lyte Balanced Electrolyte

Women's health:

- MedCaps Menopause
- MenoFem
- PMS Soothe
- XenoProtX

Prenatal

- Prenatal Essentials
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Pet products:

- Dog Jerky Chicken (Ark Naturals)
- Dog Jerky Venison (Ark Naturals)
- Neem Protect Shampoo (Ark Naturals)
- Neem Protect Spray Pet (Ark Naturals)
- Pet Cod Liver Oil (Nordic Naturals)