



**ENERGY
BOSS**

FOUNDATIONAL SUPPLEMENTS

Foundational supplements are vitamins, minerals or nutrients that everyone needs regardless of sex, age or activity. They keep your body's systems (e.g., digestive, nervous, immune) operating efficiently for optimal growth, healthy aging and disease prevention.

Even when you eat a healthy diet, you may not be getting enough of these foundational elements due to the effects of aging, stress and pollution on your body. And when you're a busy boss, the demands on your body are even higher!

Energy Boss developed this FOUNDATIONAL SUPPLEMENT GUIDE to help our high performing clients operate at their best every day. *And* we've taken the guesswork out! While there are many supplements you could take, we believe these are THE FOUNDATIONAL SUPPLEMENTS for every boss to live with high energy, top performance and no limits. Let's go Boss!

THORNE RESEARCH

- Energy Boss is a Health Professional partner with Thorne Research, the premier high-quality US nutritional supplement company.
- Thorne is a trusted supplement advisor to over 100 professional sports teams including NASCAR, the UFC training facility, and the US Women's Soccer Team.
- Thorne produces all of its products at its US based manufacturing facility, with the highest quality ingredients and a rigorous purity testing process.

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20% Thorne Discount
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***Please note that our supplement recommendations are not, and should not be considered to be, medical advice. In no way are we stating that taking supplements will prevent you from getting the Covid-19 virus. Every individual's health requirements are unique, and you should always consult with your doctor before taking any nutritional supplements for any purpose.*



THE FOUNDATIONAL SUPPLEMENT LIST

WHAT TO BUY FROM THORNE RESEARCH

- Vitamin D- 5,000
- Magnesium Bisglycinate
- Super EPA Fish Oil
- Zinc Picolinate - 30 mg
- Q-Best 100
- Basic Nutrients 2/day
- Vitamin C with Flavonoids
- *READ THE FULL GUIDE TO LEARN WHY EACH ONE IS IMPORTANT!

- If you are interested in learning more about supplements for athletic performance or to address a personal concern such as joint pain or sleep, simply ask an Energy Boss coach. We're happy to help guide you beyond the foundational supplement list.
- If you're ready to purchase from the FOUNDATIONAL SUPPLEMENT LIST, set-up your account to get your VIP Lifetime 20% Thorne Discount below!

**SET-UP YOUR ACCT, GET YOUR DISCOUNT, BUY FROM LIST ...
prices lower than retail ... even Amazon!**

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SUPPLEMENT: VITAMIN D

Vitamin D is produced by your skin when you're out in the sun. When you protect your skin with sunblock or don't get outside regularly, you may not be producing enough Vitamin D. (1)

BENEFITS

Vitamin D is critical for a properly functioning immune system, basic brain (cognition) functions, muscle strength, and bone health (necessary for absorption of calcium for strong bones). (2)

Signs of low Vitamin D include ongoing fatigue, muscle weakness, and joint pain. Many people that have low levels of Vitamin D, for example, suffer from fatigue that can be misdiagnosed as depression. (3)

Vitamin D deficiency is connected with a higher risk of upper respiratory tract infections, including the flu and asthma. (4) It's important to take Vitamin D in its natural D3 form.

RECOMMENDATION

- 5000 IU daily
- THORNE PRODUCT: Vitamin D – 5000
- Unlike many Vitamin D supplements, Thorne's contain no lactose or preservatives (BHA, BHT, sodium benzoate, etc.).



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SUPPLEMENT: MAGNESIUM

While Magnesium is the fourth most abundant mineral in the body, one study suggests that up to 75% of all Americans are not getting enough Magnesium daily. (5) Stress depletes Magnesium and the Standard American Diet (SAD) does not supply enough.

BENEFITS

Magnesium is involved in many important reactions in the body including energy creation, protein formation, gene repair, and muscle movements. (6)

Magnesium also plays a critical role in activating the parasympathetic nervous system, which is responsible for our ability to rest and relax. It can help your brain and body relax and help you get a good night's sleep. (7)

RECOMMENDATION

- 200 mg daily
- THORNE PRODUCT: Magnesium Bisglycinate
- Thorne's Magnesium Bisglycinate is a lightly sweetened powder (tropical fruit). It promotes restful sleep and relaxes muscles.



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SUPPLEMENT: FISH OIL

Fish Oil is available from cold water fish such as salmon, herring, mackerel, anchovies, and sardines. It contains omega-3 fatty acids (ALA, EPA, DHA) which have many powerful health benefits. The body doesn't make omega 3 fatty acids so we can only obtain them from diet and supplementation.

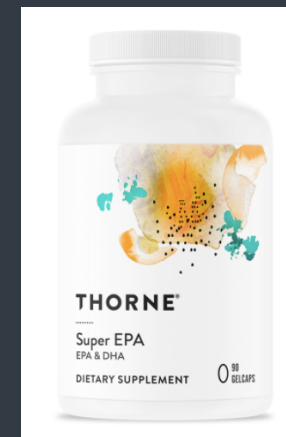
BENEFITS

Here are some of the primary health benefits of Fish Oil:

- Fights anxiety and depression ([8](#)).
- Improves risk factors for heart disease (reducing triglycerides ([9](#)), lowering high blood pressure ([10](#)), raising 'good' / HDL cholesterol ([11](#)))
- Reduces inflammation and helps fight autoimmune diseases ([12](#))
- Improves bone and joint health ([13](#)).

RECOMMENDATION

- Up to 2000 mg of EPA and DHA daily
- THORNE PRODUCT: Super EPA
- Thorne's Super EPA Fish Oil helps maintain the body's normal inflammatory response in muscles and joints, enhances mood, supports a healthy heart and brain, and promotes a healthy insulin response.



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SUPPLEMENT: ZINC

Zinc is the second most abundant trace mineral in the body, necessary for the activity of over 300 enzymes. A lack of Zinc will cause you to feel run down, increase your chances of getting sick, and for men, lead to reduced testosterone (14).

BENEFITS

Among its many roles, Zinc helps to:

- Maintain a healthy immune system (15), including reducing the risk of infections and promoting immune response in older adults. (16).
- Provide strong anti-viral properties against many viruses. (17).
- Accelerate wound healing (18).
- Reduce chronic inflammation (19) in your body which can lead to heart disease, cancer and mental decline (20).

RECOMMENDATION

- 30 mg daily, in one or more doses.
- THORNE PRODUCT: Zinc Picolinate – 30 mg
- Thorne's Zinc Picolinate is a highly absorbable form of Zinc, critical to immune function.



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SUPPLEMENT: CoQ10

Coenzyme Q10, also known as CoQ10, is a compound that helps generate energy in your cells. (21) Your body produces CoQ10 naturally, but its production tends to decrease with age, especially after the age of 45 and while taking a statin drug.

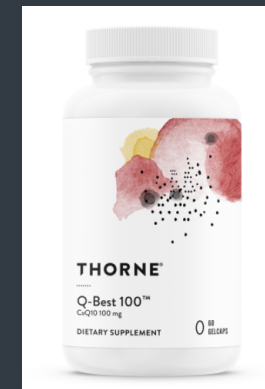
BENEFITS

Besides its role in energy production, CoQ10 serves as an important antioxidant, protecting cells from oxidative damage, (22) which can disrupt routine cell functions, leading to chronic disease. (23)

Some chronic diseases, especially cardiovascular disease, diabetes, neurodegenerative disease, and cancer have been linked to low levels of CoQ10. (24)

RECOMMENDATION

- 100 mg daily
- THORNE PRODUCT: Q-Best 100
- Thorne's Q-Best 100 is a highly absorbable form of CoQ10 which supports the body's cardiovascular, neurological and cellular energy functions. It's designed to support normal heart rhythm and can help maintain already normal blood pressure.



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SUPPLEMENT: DAILY MULTIVITAMIN

Taking a Daily Multivitamin is an important way to get the vitamins, minerals and nutrients that our bodies need every day, that we may not always obtain with food because of our dietary habits. (25)

This is especially an issue in Americans age 50 and over, whose nutritional needs increase with age, and less than half of whom receive adequate amounts of Vitamin E, the B-Vitamin Folic Acid, or Magnesium from their diets alone. (26)

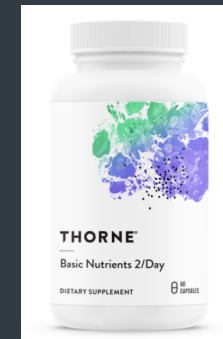
BENEFITS

Think of a Daily Multivitamin like 'nutrition insurance' to make sure you are supporting your body, especially as you age, including your bones, eyes, brain, heart, and immune system. (27)

There is also evidence that using a Multivitamin could improve your mood and ability to handle stress. (28)

RECOMMENDATION

- Dosage varies according to supplement; regardless should be taken daily
- THORNE PRODUCT: Basic Nutrients 2/day
- Using the purest and most absorbable vitamins and minerals, Thorne's Basic Nutrients 2/day is a complete Multivitamin formula that contains key nutrients for foundational support including heart, brain, nerves, immune, bone and skin health.



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SUPPLEMENT: VITAMIN C

Vitamin C is a well known vitamin, yet many of us don't get enough every day through our foods or supplementation to reap its full benefits. Your daily intake of Vitamin C should be 1000 mg + to enjoy all its benefits and this can be hard to achieve with diet alone. For example, the average orange, which is often consumed for its Vitamin C, contains about 80 to 100 mg.

BENEFITS

Some of Vitamin C's impressive benefits include:

- Reducing inflammation ([29](#)).
- Reducing blood pressure ([30](#)).
- Increasing immunity ([31](#)) and helping to prevent and treat respiratory and systemic infections. ([32](#)).
- Protecting your memory and thinking as you age ([33](#)).

RECOMMENDATION

- 1000 – 3000 mg daily
- THORNE PRODUCT: Vitamin C with Flavonoids
Vitamin C, with bioflavonoids from oranges, optimizes the beneficial effects of Vitamin C by replicating the way it's found in nature – in the presence of flavonoids.



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FOUNDATIONAL SUPPLEMENT LIST

- D 5,000
- MAGNESIUM
- SUPER EPA
- ZINC
- QBEST 100
- MULTI VITAMIN
- C with FLAVONOIDS



prices lower than retail .. even Amazon!



DRINK MIN 64 OZ WATER / DAY
 DRINK IDEALLY 1/2 BODY WEIGHT IN OZ OF WATER / DAY

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