

The Vitamin Shoppe*

1. **BRAGG** Organic Apple Cider Vinegar
2. **CURAMED** Curcumin 375 MG
3. **DERMA - E** Hydrating Gentle Cleanser - Hyaluronic Acid & Chamomile (see **Whole Foods** Part B **9.b**)
4. **Dr. Bronner's** Pure Castile Soap - Tea Tree
5. **Garden of Life** products, e.g.
 - a. for bones & teeth:
 - 1) Grow Bone System capsules
 - 2) for hair, skin, nails, joints powder**:
 - a) Collagen Beauty or Super Beauty
 - b) Collagen Creamer probiotic, coconut milk
 - b. Cod Liver Oil
 - c. Vitamins + capsules, e. g.:
 - 1) Raw One for Women (one/day multiple);
 - 2) Raw One for Men (one/day multiple)
 - 3) B Complex
 - 4) C
 - 5) Zinc
 - 6) Healthy Blood
 - d. Raw Extra Virgin Coconut Oil
 - e. Raw Organic

Perfect Food Green Super Food** (juiced greens powder, incl. wheatgrass)

6. **George's** 100% Aloe Vera (liquid)

7. Organic Raw Honey

8. **Wiley's** Wild Alaskan Fish Oil - Omega-3 (small, easy to swallow soft gel)

Notes:

* **recommended**

** for a smoothie - with beet, carrot, green juices; at Heinen's

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