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Supplements to Success

While there are no magic pills, there are certainly certain supplements that I incorporate into my vitamin regimen, to ensure a healthy and happy me. Read on for the what and why!

[Neocell](#) Super Collagen + C



Collagen is a structural protein, found in connective tissues, skin, bones, and hair. Besides being essential to a great many functions in the human body, supplemental collagen boosts the production of collagen in the body, meaning it aids in regenerating and forming new tissue. That translates directly to better skin, hair, and nail health. NeoCell's Super Collagen not only offers the highest recommended dosage of collagen on the market, but also allows for rapid absorption. I have been using NeoCell's Collagen exclusively for over 5 years, and believe me when I say my hair, nails, and skin show it.

[Alkamind](#) Daily Greens



Sad but true, most of us don't eat enough fruits and veggies to keep our bodies in great working order. Alkamind's Daily Greens Formula was created to not only supplement an individual's diet with vitamins, minerals, and antioxidants – it is formulated with 27, nutrient-dense superfoods – but to also provide an all-natural energy boost, whenever you need it. I've tried several different "greens" blends, and this is the most palatable and impressive one in the bunch. Bonus points for the peach (my favorite!) flavor.

[Culturelle](#) Probiotics



Speaking of gut health, probiotics (and prebiotics) are an absolute essential, when it comes to keeping my body and mind happy. My stomach has developed sensitivities to a number of different foods, and experiencing digestive discomfort definitely ruins my day. Culturelle's Probiotic supplement offers over 10 billion active gut cultures, to not only aid in the digestion process, but to also relieve the symptoms of an unhappy stomach (a la gas and bloat).

[Gaia Herbs](#) Adrenal Health Supplements



After becoming acquainted with Gaia Herbs at a recent health showcase for editors, I knew I had to incorporate a few of their products into my current routine. With my high-stress lifestyle, and strong caffeine dependency, I decided to incorporate adrenal-boosting supplements, to help alleviate the symptoms of adrenal fatigue.

Adrenal Health Jump Start addresses occasional exhaustion and stress, holistically. It is a 6-8 week program, designed to minimize fatigue and optimize energy levels.

Adrenal Health Daily Support is designed to be used after the Jump Start regimen, and provides the body with stress-response and energy support.

Adrenal Health Nightly Restore nourishes the adrenal glands while you sleep, and also helps promote rest and manage anxiety.

All three combined gave my system a much-needed boost.

These are just some of my current favorite supplements. Spot any must-haves in the mix?!

<http://kraseyfitbeauty.com/2018/02/supplements-to-success/>