



Recommended Products and Suppliers for The Root Cause Protocol

(This document will change from time to time as we continue to research to offer the best products available.)

Recommended suppliers

<https://www.corganic.com/collections/root-cause-protocol>

<http://www.naturallyreplenish.com.au>

<http://www.jigsawhealth.com/root-cause-protocol-products/rcp-starter-kit/>

Recommended products

MAGNESIUM

Oral (Recommended total daily dosage: 5 mg/lb or 10 mg/kg of body weight. Ex. 100lbs = 500mg) (Mg malate, daytime, Mg glycinate, nighttime)

-Jigsaw Magnesium malatew/SRT (also available in 'B-Free' version without B vitamins)

-Jigsaw MagPure Malate

-Jigsaw MagPure Glycinate

-Pure Encapsulations Magnesium Glycinate

-Jigsaw Health MagNow Magnesium g;lycinate Powder

-Organic 3, Good Night Maggie, Magnesium glycinate capsules

-Organic 3, Wake Up Maggie, Magnesium malate powder

-Mag Water (Full recipe here: <http://my-magnesium.com/mag-water-recipe.html...>)

- GoodSense Milk of Magnesia (or any brand without additives. Should only contain Magnesium hydroxide and purified water)

or

-Magnesium hydroxide powder

-Sparkling Water (no recommended brand. Water with carbon dioxide or Seltzer Water)

-Pure 7 - 80% dark chocolate, Magnesium-rich chocolate bars

Transdermal

-Malle's Magnesium Oil

-Epsom salt (any brand)

TRACE MINERALS (Follow recommended serving size on bottle and add to purified water)

-Anderson's Sea M.D.

or

-ConcenTrace Trace Mineral Drops

or

-Amena's Daily Boost

ADRENAL COCKTAIL (Consume cocktail twice daily at 10am and 2pm on an empty stomach)

4 oz. Orange Juice, fresh squeezed (no recommended brand)

1/4 tsp Cream of Tartar (no recommended brand)

1/4 tsp Sea Salt (Redmond Real Salt) or any unrefined brand

or

(alternative recipe)

8 oz Coconut Water

1/4 Tsp Redmond Real Salt

60+mg Whole Food Vitamin C (any of the recommended brands)

or

(alternative recipe)

1/4 Tsp Prescribed for Life Potassium Bicarbonate Powder

1/4 Tsp Redmond Real Salt

4 oz purified water

60+mg Whole Food Vitamin C (any of the recommended brands)

OPTIONAL ADRENAL SUPPORT (1 capsule 2 times daily)

-Gaia Herbs Ashwagandha

COD LIVER OIL (1 tsp per day)

-Rosita Extra Virgin Cod Liver Oil

or

-Nordic Naturals Arctic Cod Liver Oil

WHOLE FOOD VITAMIN C (Recommended dosage per day: 400 - 800mg)

Innate Response Vitamin C-400

or

-Pure Synergy Pure Radiance C

or

-Amafruits Frozen Acerola Puree

MOTHER NATURE B VITAMINS

-Bee Pollen (½ tsp per day)

Local is best source

or

Stakich Bee Pollen

or

-Honey Pacifica Bee Pollen

-Rice Bran (1 - 2 tsp taken AWAY FROM other foods)

-Bob's Red Mill Stabilized Rice Bran

-Unfortified Nutritional Yeast (1 tbsp per day)

-Sari Foods Natural Non-fortified Nutritional Yeast Flakes

-Beef Liver

Eat 4 - 6 ounces of grassfed beef liver weekly

or

-Perfect Desiccated Liver Capsules (4 to 8 capsules a day)

SILICA (Start with 1 tsp in water at the start or end of the day, and work up to 3 tsp each day)

-Diatomaceous Earth, food grade

BORON

Oral

-Trace Mineral Drops (any of the recommended brands)

or

-Organic 3 Boron Powder

or

-3 - 9 prunes a day

or

Baths

-20 Mule Team Borax (add to bath with Epsom Salt and Baking Soda for magnesium bath)

or

-Sodium tetraborate

TAURINE (Recommended dosage per day: 500-1000mg)

-Pure Encapsulations Taurine (500mg or 1,000mg)

or

-Cardiovascular Research Taurine

or

-Organic 3 Taurine

IODINE

-Eat Kelp, Seaweeds, Scallops, Cod, Eggs, Cranberries, etc

-Oregon's Wild Harvest Kelp Capsules

-Seagreens Iodine+ - Kelp Seaweed Capsules

To learn more about The Root Cause Protocol, [view this video series.](#)

Morley Robbins - Magnesium Advocacy Group - March 9, 2018