

## DR. KYLE ANDERSON'S RECOMMENDATIONS FOR STUDENTS

### SUPPLEMENTS

#### Omega-3 EPA/DHA (essential fatty acids "fish oil")

- 1,500mg-2,000mg/day
- Look for molecularly distilled, third party tested for purity in pharmaceutical grade facility.
- Buy the best you can afford as I think this is the #1 most important supplement for overall wellness, but cheap ones can do more harm than good.
- <https://drjockers.com/omega-3/>

#### Vitamin D<sup>3</sup>+K<sup>2</sup>

- 3,000-5,000 IU/day
- Important thing is the addition of Vitamin K<sup>2</sup> to your Vitamin D<sup>3</sup>, helps prevent hardening of your arteries and draw calcium into your bones
- <https://drjockers.com/sunlight-vitamin-d3-brain-health>

#### Probiotics (good bacteria)

- >10 billion CFUs/day (Bifidobacterium best for anxiety but look for 8-10 strains & refrigerated)
- <https://drjockers.com/probiotics-benefits-categories-and-protocols/>

### ARTICLES

- <https://www.marksdailyapple.com/how-were-setting-our-kids-up-to-be-fat-sick-and-unhappy/>
- <https://www.marksdailyapple.com/sleep-deprived-children/>
- <https://www.marksdailyapple.com/the-definitive-guide-to-childrens-nutrition/>
- <https://draxe.com/health/childhood-obesity-and-school-lunches/>
- <https://draxe.com/health/how-to-lose-weight-for-kids/>
- ADD/ADHD dietary and lifestyle recommendations:  
<https://draxe.com/health/symptoms-of-adhd/>

### BOOKS

A great book for teenage girls. It talks about positive body image as well as overall wellness:

- **Paleo Girl: Take a Leap. Empower Yourself. Be Awesome!**  
[https://www.amazon.com/dp/1939563135/ref=cm\\_sw\\_r\\_other\\_apa\\_i\\_bRapEbV1J3JRS](https://www.amazon.com/dp/1939563135/ref=cm_sw_r_other_apa_i_bRapEbV1J3JRS)