



## Self checklist for your own supplements

If one of these ingredients is in your supplement, I would avoid it immediately.

- **Hidden MSG** (glutamate, hydrolyzed, autolyzed, protease, carrageenan, maltodextrin, sodium caseinate, balsamic vinegar, barley malt, malt extract, yeast extract, brewer's yeast, corn starch, wheat starch, modified food starch, gelatin, textured protein, whey protein, soy protein, soy sauce, broth, bouillon, stock, seasoning, artificial flavors, natural flavors and nutritional yeast) - this also goes for all the foods you eat
- **Aspartame and other artificial sweeteners**
- **Gluten**
- **Contains any animal products**
- **Soy** (like soy lecithin)
- **Corn** (like corn starch, high fructose corn syrup)
- **Citric Acid** (derived from GMO corn bred on black mold)
- **Alcohol / ethanol in tinctures** (often derived from GMO corn, alcohol kills healing properties from herbs)
- **Ascorbic acid as Vitamin C** (hard on the stomach)
- **Black pepper in curcumin or turmeric** (unnecessary filler ingredient, no need to throw away though)
- **Organic and hawaiian spirulina** (spirulina grows in aquaculture, organic means they use organic fertilizer for spirulina, which is the feces of animals - this leads to a breeding ground for bacteria, hence why some spirulina smells so bad)
- **Synthetic iron** (feeds EBV)
- **Vitamin D dosage over 2000 units per day** (toxic to the liver)
- **Collagen**
- **L-carnitine or L-arginine** (feeds viruses)
- **Caffeine** (kills the adrenals, ages you faster, bad for the brain)

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