



Supplement Resource for Patients

Here is a list of some of the most commonly utilized supplements at Cornerstone Health Community and how they support your body in the healing process.

5-HTP: A precursor to serotonin, a brain neurotransmitter associated with the feeling of well-being. It has been shown to support patients with mood changes, restless sleep, and anxiety.

Adren-All: Helps the body to resist the negative effects of stress and fatigue.

Adrenevive: Provides stress resilience and helps to reduce elevated cortisol levels.

AlphaBase: Highly absorbable multimin and multivitamin to provide comprehensive nutrition support.

Bergamot BPF: Cardio protective by lowering cholesterol without side effects.

CDG EstrDIM: Lowers elevated estrogen levels.

Cerenity: Increases serotonin and GABA production to combat stress and anxiety.

CereVive: Provides building blocks for GABA, serotonin, and dopamine, in order to combat depression and anxiety.

C-Flav: Augments vitamin-C deficiency which is an important nutrient for healthy immune function and tissue repair.

Collagen: Provides building blocks for cartilage, tendon, ligament, fascia and skin.

CoQ10: Improves energy production, as well as heart health, and immune function.

Cystistatin: Contains Uva Ursi to retard bacteria that cause urinary tract infections as well as SIBO (small intestine bacterial overgrowth).

Digestzyme-V: Enzymes designed to support digestion and aid nutritional absorption.



DHEA: Supports communication between the brain and the adrenal glands; promotes healthy hormonal balance and mood regulation.

D-Hist: Natural anti-histamine that does not cause drowsiness.

Fiber Plus: Good tasting soluble and insoluble fiber.

Glutashield: Reduces inflammation and speeds the healing of the gut lining.

IgG Protect: Strengthens protection from chronic infection and reduces potential for autoimmunity.

Inflamma-BLOX: Traumatic and other herbs that powerfully lower inflammation throughout the body.

InflammaCORE: Reduces inflammation throughout the body and speeds repair of gastrointestinal tissues.

K-force: 5,000 IU of vitamin D3 with ideal amounts of vitamin K2 for bone health and protection against arterial plaque.

Lipoic Acid: Supports liver for detoxification and increases levels of glutathione.

Liposomal Glutathione: Powerful detoxifier, for mycotoxins, heavy metals, medications, and much more.

Melatonin: Aids in regulating sleep cycles.

Methyl B12: Significant source of B12 and folate needed by those with MTHFR mutations.

Methyl B-complex: Contains eight essential B vitamins, choline, inositol, and folate to support energy, mood, and sleep.

Methyl CPG: Supports methylation and reduces homocysteine in the body.

MitoCore: Supports energy and immune function especially for those with chronic viral infections.



N-Acetyl-Cysteine: Increases glutathione levels and breaks biofilms needed for detoxification.

Ortho B-complex: Includes eight essential B vitamins to support methylation and carbohydrate metabolism, and to protect against stress-induced nutrient depletion.

Orthobiotic: Probiotic with 20 billion CFU of healthy bacteria plus *saccharomyces boulardii*.

Orthobiotic "100": High dose probiotic containing 100 billion CFU per capsule.

Orthodigestzyme: Blend of enzymes used to support healthy digestion and maximize nutrient support especially for those with high protein or high fat diets.

Orthomega 820: A highly purified, highly absorbable oil from fish, particularly helpful to control inflammation.

Orthomega DHA Select: Highly purified omega 3 oil with increased DHA to improve neurologic function and mood.

Phosphatidylserine: Lowers cortisol at bedtime and through the night to maximize sleep and tissue repair.

Pregnenolone: Supports the stress response system as well as mood.

Probiotic 225: High dose probiotic providing 225 billion CFU per dose.

Pyloricil: Prevents reinfection by *H pylori* bacteria or to suppress symptoms until beginning treatment.

Reacted Iron: Readily absorbed iron with less constipation.

Reacted Magnesium: Has over 300 uses in the human body; improves bowel regularity; regulates heart rate; decreases muscle cramps; improves sleep; decreases anxiety; aids in detoxification.



Reacted Multimin: Broad-spectrum mineral support for a variety of functions, including quality sleep and tissue repair.

Reacted Zinc: Highly absorbed zinc to improve immune function and gene expression.

Resvoxitrol: Enhances antioxidant activity protecting cells from damage due to toxins.

Saccharomyces boulardii: Beneficial yeast that improves immune function, reduces inflammation, and can prevent C. Diff infections.

SBI Protect: Purified, dairy-free source of immunoglobulin G (IgG) providing protection from chronic infection and reducing autoimmune potential.

Sinatrol: Reduces chronic inflammation of sinus membranes.

Viracid: Powerful activation of immune response to viral infections.

Wholemune: Recruits immune cells to fight bacterial infections.

For more information on these supplements as well as nutrition fact information you can visit [OrthoMolecular's](#) website.