

Pass Health Foods

Back to School Supplement Lists: College

Multivitamins

Nutrigold Organic Multivitamins

Our Nutrigold vitamins are organic, entirely food based multivitamins that are extremely well absorbed and gentle on the system, each nutrient in their formulas are from a direct food source and are available in easy to swallow capsules.

Solaray One-A-Day High Energy Multivitamin *on sale in August!*

These are nice, easy to swallow capsules with high B vitamins, which help with energy.

Probiotics

Solaray MyBiotic Probiotics *on sale in August!*

These are wonderful, high potency probiotics with specific strains not found in many other probiotics. They are beneficial for the immune system, digestive health, and much more, helping to bring the body and digestive system back into balance. They are available in a general adult formula as well as specific formulas made for male and female bodies- for example, the women's probiotic has strains that help with preventing urinary tract and yeast infections. Each MyBiotic Probiotic also contains special "prebiotics" which help to feed the good bacteria in our bodies and help probiotic supplements to be even more effective.

JarrowDophilus EPS *on sale in August!*

These are easy to swallow capsules with a potency of 5 billion each. They're also on a pop out card, rather than a standard bottle, so they're handy for traveling or keeping in a purse or backpack. They're also room temperature stable, which can be helpful for students without easy access to a refrigerator.

Omega 3s

Nordic Naturals Lemon Fish Oil Softgels

These softgels are smaller sized than many fish oil supplements, and also have added lemon oil inside the softgels to prevent "fish burps".

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Optional Supplements if Needed

Stress and Anxiety

Jarrow Theanine Gummies or Capsules *on sale in August!*

Theanine is an amino acid present in green tea which can be very helpful for stress and anxiety. Whether teenagers prefer a gummy or a capsule, theanine works to produce a calm, focused, and relaxed state. Theanine is not habit forming and can be extremely useful for children and adults for reducing anxiety. It is effective whether it's taken every day or just on an occasional basis when needed (exams for instance).

Extra Immune Help

Irwin Natural's Immuno Shield *on sale in August!*

Immuno Shield is a fantastic immune booster that combines a variety of supplements that work to activate the immune system. It can be taken preventatively or just when one starts to feel the beginnings of illness to help to get better faster. It's a favorite at Pass Health Foods!

Nature's Answer Sambucus Elderberry Syrup or Gummies

Elderberry is a great antiviral, and works well to shorten the duration of illness caused by viruses (the flu in particular).

Calcium

Carlson Calcium Gummies *on sale in August!*

These gummies are wonderful tasting and are appropriate for both children and adults. Each gummy has 250 mg of calcium.

Country Life's Calcium Magnesium Capsules

These are nice for teenagers and adults who prefer a capsule to swallow.

Digestion

American Health's Chewable Papaya Enzymes *on sale in August!*

Papaya enzymes are helpful for anyone who gets occasional stomach upset or indigestion after eating. Papaya enzymes are all natural and work by breaking down the food in the stomach so it's able to be digested easier.