

Pass Health Foods

Back to School Supplement Lists: College

Multivitamins

My Kind Multivitamins for Men or Women *on sale in August!*

My Kind vitamins are organic, food based and extremely gentle on the system.

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

Garden of Life Dr. Formulated Probiotics for Men or Women *on sale in August!*

These are wonderful, high potency probiotics that have specific strains for male and female bodies- for example, the women's probiotic has strains that help with preventing urinary tract and yeast infections.

JarrowDophilus EPS *on sale in August!*

These are easy to swallow capsules with a potency of 5 billion each.

Omega 3s

Nordic Naturals Lemon Fish Oil Softgels *on sale in August!*

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!*

Whether teenagers prefer a gummy or a capsule, theanine is wonderful for anxiety and stress- it 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.

Extra Immune Help

Irwin Natural's Immuno Shield

Immuno Shield is a fantastic immune booster that combines a variety of supplements that work to activate the immune system.

Nature's Answer Sambucus Elderberry Syrup

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

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.