

## BOOK BONUS

# SUPPLEMENTS AND SUPPORTS



*The ultimate elimination diet to attain  
optimal health and heal your body*

### SUPPLEMENT RESOURCE GUIDE

This guide provides support while transitioning to a meat-based diet, as well as supplements to target areas for healing.

[www.carnivorecure.com](http://www.carnivorecure.com)

**DISCLAIMER:** The content is for educational purposes only. While I am a nutritional therapy practitioner and provide nutritional support, I am not providing medical advice. Whenever you start a new diet or protocol, always first consult with your trusted practitioner.

## Carnivore Cure Bonus

### Nutrition with Judy Supplement Recommendations

The following is a list of Nutrition with Judy-approved resources.

#### Supplements

There is a time and a place for supplements. We should not have to take them long-term but always use high-quality supplements. The following supplements are only available through practitioners. I put my trust in these companies with my clients and my family's health. You don't want to be purchasing supplements off Amazon unless you know they're 100% authentic. If you're getting a good discount, there's probably a reason why. You can read more [here](#).

#### Digestion (to help aid food absorption and heal the gut)

- **[MEGA SPORE PROBIOTIC](#) — SPORE PROBIOTIC**
  - Spore-based probiotics, clinically shown to support gut healing
  - You may feel slight bloat and cramps. It will go away over time.
  - Learn more [here](#)
- **[HYDRO-ZYME](#) — STOMACH ACID**
  - Betaine + HCl (more stomach acid)
  - Do not bite/chew this one—swallow whole
  - Learn more [here](#)
- **[MEGAGUARD](#) — UPPER GI SUPPORT**
  - Helps with bile flow & H.Pylori (upper digestive tract). Helps stop protein synthesis in H. Pylori
  - Helps transit time in stomach and upper intestinal tract. Supports poor bile flow (dysbiosis that can turn to SIBO)
  - If you have diarrhea from ulcerative colitis or other large intestinal imbalance, try MegaGuard
  - Learn more [here](#)
- **[BETA PLUS](#) — DIGESTIVE ENZYMES + OX BILE (GALLBLADDER SUPPORT)**
  - You only need TCP or PLUS. Both are not needed. Helps with loose stools
  - Digestive Enzymes. Extra gallbladder support with ox bile
  - Learn more [here](#)
- **[IPS](#) — GUT HEALING NUTRIENTS (SMALL INTESTINES)**
  - Take away from meals helps for efficacy
  - Intestinal Permeability Support supplement that provides support for healthy gut function, specifically as it relates to permeability and intestinal mucosa integrity.
  - Includes L-Glutamine, which is the preferred fuel for intestinal tissues, promoting repair and intestinal healing. L-Glutamine has also been demonstrated to be a functional component in the repair of ulcers, as well as a contributor to the healing of leaky gut conditions.
  - Learn more [here](#)

## Targeted Gut Health

- **[RESTORFLORA](#) — STRAIN OF PROBIOTICS FOR YEAST OVERGROWTH SUPPORT**
  - Another strain of probiotics (spore + yeast probiotic)
  - Saccharomyces: yeast family. Those with candida infection should use these as it helps remove yeast species
  - People have taken antibiotics: take this before, during and after antibiotics. This stays in spore form when antibiotics are used, so they don't die. (just like the megaspore)
  - Learn more [here](#)
- **[MEGAIGG2000](#) — SUPPORTS REMOVING ENDOTOXINS**
  - Pretreating gut (toxins). Helps with mycoBalance and helps with allergy and immune system
  - Helps with toxicity and helps toxins released with probiotics to be then flushed out of the system
  - Learn more [here](#)
- **[ACETYL-L-CARNITINE](#) — SUPPORTS ENERGY PRODUCTION**
  - Ketone Fatty Acid oxidation: sometimes the body needs support to break down and use fatty acids and get them into the mitochondria. L-Carnitine will help with fatty acids being converted into energy
  - The acetyl just means that it's broken down in the form that the brain can also use (this L-carnitine can pass the blood brain barrier).
  - Learn more [here](#)
- **[INTENZYME](#) — DIGESTIVE SUPPORT + INFLAMMATION SUPPORT**
  - Take on an empty stomach for inflammation support
  - Take with food for digestive enzyme support
  - Learn more [here](#)
- **[MEGAMYCOBALANCE](#) — ANTI-FUNGAL SUPPORT (CANDIDA)**
  - Helps with candida and fighting yeast
  - Very anti-fungal. Anti-fungals like oregano don't get to the roots, but this acid gets to the roots. Don't take more than three months as it's a killing agent and stops yeast. You want some yeast in the body
  - **Note:** I usually recommend this AFTER you have had some gut healing. No point in trying to detox while you are trying to add good gut bugs to the body.
  - Learn more [here](#)

## Adrenal / Blood Sugar Support

- **[ADB5-PLUS](#) — ADRENAL HYPOFUNCTION SUPPORT + B-VITAMINS**
  - Supports adrenals and has B-complex vitamins
  - Learn more [here](#)

## Endocrine Support / Thyroid

- **[GTA FORTE II](#) – ENDOCRINE SUPPORT**
  - GTA-Forte II provides supplemental support for healthy endocrine function.
  - It provides thyroid glandular (porcine), trace mineral and antioxidant enzyme support, and is fortified with the minerals zinc, copper, rubidium and selenium.
  - Learn more [here](#)
- **[MULTI-MINS](#) – MINERAL SUPPORT (Iron and Copper Free)**
  - Mineral balance support
  - Learn more [here](#)

## Essential Fatty Acids

- **[MEGAOMEGA](#) – GUT TARGETING FISH OIL**
  - Ingredients have higher EPA and DPA, which can turn to DHA or EPA, based on your body's needs.
  - MegaOmega has PRM, which is pre-resistant mediators and the ingredients are from real Norwegian brands: clean waters and less mercury. Other products say they are from the Norwegian area but will have one small ingredient or have item processed out there but not real Norwegian quality.
  - PRM helps with inflammation
  - Learn more [here](#)
- **[BIOMEGA 500](#) – OMEGA 3s EPA DHA**
  - Omega 3 support. If you start consuming more fatty fish, you can lessen EFAs overtime.
  - Learn more [here](#)

## Histamines and Allergies

- **[HISTO-PLEX AB](#) – ANTI-HISTAMINE SUPPORT**
  - Anti-histamine support. Support for immune and allergies
  - Learn more [here](#)
- **[MEGAIGG2000](#) – SUPPORTS REMOVING ENDOTOXINS**
  - Pretreating gut (toxins). Helps with mycoBalance and helps with allergy and immune system
  - Helps with toxicity and helps toxins released with probiotics to be then flushed out of the system
  - Learn more [here](#)

## Sleep

- **[ALPHA THETA PM](#) – SLEEP SUPPORT**
  - Helps support calming brainwave activity to provide better sleep
  - Learn more [here](#)
- **[ADHS](#) – ADRENAL CALMING SUPPORT (ADAPTOGEN)**
  - Helps soothe adrenals to help body deal with stress
  - Learn more [here](#)

## Nutrients

These nutrients are for temporarily mega-dosing to support nutritional deficiencies.

- **BIO-3B-G — SLEEP SUPPORT, AMINO ACID BREAKDOWN**
  - For sleep support + AA breakdown
  - Learn more [here](#)
- **B6/B1 PLUS ZINC — B6 DEFICIENCY WITH YEAST OVERGROWTH (OXALATES)**
  - Without B6, oxalates can increase as well as the yeast overgrowths
  - Learn more [here](#)
- **MULTI-MINS – MINERAL SUPPORT (Iron and Copper Free)**
  - Mineral balance support
  - Learn more [here](#)

## Iodine

Some do not eat enough iodine-rich foods and need iodine to help support hormone production. If you feel fatigued, low energy and fluctuations in weight, it can be due to low iodine levels

Consider selenium and salt water flushes when taking iodine.

- Iodine Tincture 2% HOME TEST
  - Get it any pharmacy or online retailer. Place a 2”x2” square of tincture on arm. Wait for it to dry.
  - Notate time. You can bathe, just don’t scrub the patch area.
  - If patch is gone before 24 hours, your body likely needs iodine. If it is gone before 12 hours, you need some iodine.
  - You can get [Lugol’s drop](#) from Amazon for iodine if deficient. Click [here](#)
  - You can learn more here: [Interview with Dr. Brownstein](#)

## Electrolytes

These should only be used during transition and for fasting.

- [TRACE MINERAL DROPS](#): Learn more [here](#)
- [KETOCHOW](#) drops: Use [nutritionwithjudy](#) for 10% off at checkout. Learn more [here](#)
- [LMNT](#) Unflavored. Learn more [here](#)

Consider a hair mineral test to see what minerals you really need. Learn more [here](#).

## Potassium

- **Potassium:** 300-900 mg
  - Potassium is one of the hardest to replenish as it’s one of the first minerals to get depleted.
  - Use potassium in the AM and mid-afternoon as it supports energy  
[https://us.fullscript.com/product\\_cards/71995/redirect?store\\_slug=jcho1586985483](https://us.fullscript.com/product_cards/71995/redirect?store_slug=jcho1586985483)  
(you will have to sign up for an account)

### Magnesium topical spray

- Magnesium is best absorbed through the skin (topical spray)
  - Spray 2Xs per inner thigh or calves (4 total sprays) right before bed. It may sting/itch at first but it won't with time. Try this instead of magnesium supplements
  - Learn more [here](#)
  - You can make your own DIY organic spray, especially if you are sensitive to sulfur. Learn more [here](#).

## Nutrition with Judy's Gut Healing Kit

I've made a gut healing kit that, tried and true, has worked for most of my clients to heal gut imbalances.

- MY [GUT HEALING KIT](#) is perfect for anyone who:
  - is starting a no-carb or low carb, high fat diet
  - needs digestive support to digest and absorb foods and nutrients
  - needs more stomach acid to break down foods
  - has used antacid-type medication for heartburn and GERD
  - is concerned about maintaining a healthy gut barrier and immune function
  - has loose or inconsistent stools and need better bile flow
  - has nausea after eating high-fat meals
  - has chronic inflammation and muscle pain
  - has developed food sensitivities
  - has taken one or more rounds of antibiotics recently or doesn't have a gallbladder
  - **Learn more [here](#)**

## Closing

Supplements have a place, but I don't recommend them long term. The body should find balance with nutrient-dense foods and lifestyle overtime—not using temporary support long-term.

But always heal the gut first. Prioritize gut healing supplements with high quality food.

In  and health,



 [Nutrition with Judy Website](#)

 [Carnivore Cure Website](#)

 [NwJ YouTube](#)