Your Starter Guide

Find the stack that fits your goal. Each one is a short list of practitioner-grade products, chosen by Dr. Chad Adams, DC, MBA, with doses, timing and research on our website.

Find your stack

YOUR GOAL	STACK	WHAT'S IN IT
Everyday basics	**Daily Foundations** Supports bone, muscle and brain health as a daily foundation for healthy adults.*	Vitamin D3 + K2, Magnesium, Fish oil
Cellular energy	**Cellular Energy** May support mitochondrial function and cellular energy in healthy adults.*	Urolithin A, Nicotinamide riboside, Ubiquinol (CoQ10), B-complex, PQQ + rhodiola
Focus and thinking	**Focus** Supports focus and cognitive function.*	Fish oil, Citicoline, Lion's mane, L-theanine
Sleep and winding down	**Sleep & Calm** Supports restful sleep and relaxation.*	Magnesium, Glycine, L-theanine, Apigenin
Digestion	**Gut Health** Supports a healthy gut lining and digestion.*	Prebiotic fiber, Zinc-carnosine, L-glutamine, Akkermansia probiotic
Immune function	**Immune Support** Supports healthy immune function.*	Vitamin D3 + K2, Vitamin C, Zinc
Joints and recovery	**Recovery & Connective Tissue** Supports healthy joints, tendons and connective tissue.*	Collagen peptides, Vitamin C, Fish oil, Curcumin, Magnesium
Strength and muscle	**Strength & Muscle** Supports muscle strength and growth when combined with resistance training.*	Creatine, Whey protein, Amino acids + HMB
Endurance and performance	**Athletic Performance** Supports exercise performance and endurance.*	Beta-alanine, Creatine, Electrolytes, Beet chews
Skin, from the inside	**Skin & Collagen** Supports skin hydration and elasticity.*	Collagen peptides, Vitamin C, Hyaluronic acid, Wheat ceramides
Skin, from the outside	**Skin: External** Daily skincare to hydrate, smooth the look of fine lines, and help prevent sunburn.*	Mineral SPF 30, GHK-Cu serum
Healthy glucose metabolism	**Metabolic Health** Supports healthy glucose metabolism already within the normal range.*	Dihydroberberine, Chromium, Fish oil
Before, during and after pregnancy	**Prenatal & Postnatal** Supports nutritional needs before, during and after pregnancy.*	Prenatal multivitamin, Prenatal DHA, Choline

Not sure where to start? Daily Foundations is a simple base that pairs with any other stack.

Getting started

- **Start with one stack.** Give it a few weeks before adding another.
- **Follow the timing** on each stack page: some products work best with a meal, others in the evening.
- **Read every label** before you start, including warnings.
- **Keep a short list** of everything you take to show your doctor.

Taking more than one stack?

- **Fish oil:** one bottle covers every stack. Take 2 softgels a day, or 3 if Focus is one of your stacks.
- **Magnesium:** take it from one stack only, and stay under 350 mg a day from supplements.
- **Zinc:** don't combine Immune Support's zinc with Gut Health's zinc-carnosine course.
- **Vitamin D + K2, vitamin C, collagen and creatine:** one of each covers every stack that uses them.

How ordering works

Each stack page has a "Get this stack" button that opens the plan on Fullscript, our dispensary partner. Create a free account, and Fullscript handles payment and shipping. You can also shop Fullscript's full catalog through our dispensary.

Order through our dispensary and save **10% on every order**, **25% on your first order**, and **15% on auto refills**. Fullscript currently offers free standard shipping on U.S. orders of $50 or more.

Before you start

Speak to your doctor before starting any supplement if you are pregnant or nursing, take medications, or have a medical condition. Some ingredients interact with medicines such as blood thinners, warfarin, and blood sugar or blood pressure medicines. Each stack page lists its own cautions.

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*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. This guide is general information for healthy adults 18 and older and is not medical advice. Discounts and shipping terms are set by Fullscript and may change.

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