
Bone Broth Diet Approved Supplements

The natural, clean foods you'll eat on the Bone Broth Diet will provide you with a rich supply of the nutrients you need to be slim, healthy, and vibrant. However, if you want to absolutely guarantee that you're getting the nutrition your body needs—especially after you finish your diet—taking supplements is a smart idea.

And here's another smart idea: Be choosy when you select your supplements! Here's how to pick the right ones:

- Choose supplements with no artificial flavors or colors.
- Make sure your supplements also are free of gluten, sugar, soy, and seed oils.
- Don't be penny-wise and pound-foolish. Supplement manufacturers who truly care about quality use the best ingredients rather than the cheapest ones. In addition, they carefully research every ingredient that goes into their supplements. This allows them to ensure that users get the right combinations of ingredients in the optimal proportions. (For instance, vitamin D is more effective when it's combined with the correct amounts of vitamins K1 and K2.)
- Avoid mega-doses of any nutrients unless a nutritionist or physician recommends them.



Some of the most important supplements I recommend are:

- **Vitamin D.** Most Americans—even those in sunny states—are dangerously deficient in this crucial vitamin, which plays a role in everything from optimizing your brain function and mood to lowering your risk of cancer and autoimmune disease.
 - **Omega-3 fatty acids.** These are critical to brain health and they help create strong, “bouncy” skin cell membranes that reduce wrinkling. In addition, they lower chronic inflammation, helping you lose weight faster.
-

Bone Broth Diet Approved Supplements Continued

- **Probiotics.** Weight loss and glowing vitality start with a flourishing gut microbiome. Probiotics give you the beneficial microbes you need to build a healthy, diverse gut ecosystem.
- **A general nutritional supplement.** Taking a well-rounded supplement of vitamins, minerals, and other nutrients can ensure that you've covered all your bases nutritionally.

I'm extremely proud of my own line of nutritional supplements, because they're based on state-of-the-art research findings. These power-packed supplements will help you heal your gut, lose weight, de-age your body, and get back your "glow." [You'll find them all here.](#)

In particular, check out these three supplements, which I've designed specifically to promote rapid weight loss:

[SLIM Accelerator](#)

[SLIM Control](#)

[SLIM Trim](#)

