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nutritionbystefania Hey guys! Popped back on here to let you guys know what supplements I take! As a dietitian, we always want our patients to eat real food first, but sometimes you can't get all of what you need nutritionally from food. So this is where supplements come in!

I started taking Juice Plus about 8 years ago when my cousin Jess introduced me to it. I had really bad, cystic acne and was on antibiotics for about a year with some relief (but not really!). I started taking these capsules consistently and when it was time to refill my antibiotic I didn't because my skin was so clear! It literally healed my skin from the inside out.



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Juice Plus is made from the juice powder concentrates and oils from more than 40 different fruits, vegetables and grains. The back of the bottle is actually a nutrition label because it's made from food, not like a normal supplement would have.

There are 4 blends that I take daily: the fruit blend, vegetable blend, berry blend and plant based omegas! The fruit blend is made with Apple Peach Cranberry Orange Mango Acerola Cherry Pineapple Prune Date Beet Lemon Peel. The vegetable blend consists of Broccoli Parsley Tomato Carrot Garlic Beet Spinach Cabbage Kale Rice Bran Lemon Peel. The berry blend (also good for preventing hangovers) is made with Concord Grape Blueberry Cranberry Blackberry



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Black Currant Bilberry Raspberry Pomegranate Elderberry Artichoke Cocoa. And the omega blend (which tastes like orange), has Pomegranate Seed Oil Raspberry Seed Oil Algal Oil Tomato Seed Oil Safflower Seed Oil Sea Buckthorn Berry Oil.

I also take a probiotic every night before bed. I like this brand, Life 9, from [@youngliving](#). It's a high-potency probiotic that combines 17 billion live cultures from nine beneficial bacteria strains. It helps promote healthy digestion, supports gut health, and helps maintain normal intestinal function for the overall support of a healthy immune system. I started taking this about 2 months ago and have already seen such a huge difference in my digestion.



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Any questions, let me know!

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