

Contact us: www.muminawellness.com/ +254723899429/ muminawellness@gmail.com

- This table provides a comprehensive guide to the various supplements, their interactions, absorption methods, timing, and other important considerations for you.
- It's important to remember that our bodies are different, we are struggling with different conditions, we have different exposures, genes, dietary patterns and more.

Supplement	Nutrient Interactions of Concern	Mediums for Absorption	Best Timing for Taking	Combinations to Promote Utilization/Combination Inhibitors	Who Should Take Them	Possible Side Effects
Collagen	None significant	With Vitamin C	Anytime, preferably with food	Vitamin C promotes collagen synthesis	Individuals with joint pain, skin aging, muscle repair	Allergic reactions (especially marine sources), digestive issues
Glutathione	None significant	Oral, liposomal, IV	Morning or with meals	Vitamin C may enhance glutathione levels	People with liver conditions, oxidative stress	Bloating, cramping, allergic reactions
Omega 3	Blood thinners (may increase bleeding risk)	With meals, especially fatty ones	Anytime, preferably with food	Vitamin E may protect against oxidation	Individuals with heart disease, inflammation	Fishy aftertaste, digestive issues, increased bleeding risk
Probiotics	Antibiotics (may reduce effectiveness)	Oral	Morning or evening, empty stomach	Prebiotics (fiber) support probiotic growth	Those with digestive issues, immune support	Gas, bloating, allergic reactions
Calcium	Iron (can inhibit absorption when taken together)	With meals, especially with Vitamin D	Evening	Vitamin D and Magnesium promote absorption, avoid with high iron	Postmenopausal women, bone health	Constipation, kidney stones, impaired absorption of other minerals
Iron	Calcium (can inhibit absorption)	With Vitamin C	Morning, empty stomach if tolerated	Vitamin C enhances absorption, avoid with calcium or caffeine	Those with anemia, menstruating women	Constipation, nausea, stomach pain
Protein	None significant	With water or milk	Post-workout or	Combine with carbs for muscle recovery	Athletes, elderly, those with increased protein needs	Digestive issues, kidney strain at very high doses

We offer personalized care plans and supplements packages as well. Reach out today for discounted rates: +254723899429/ muminawellness@gmail.com/ www.muminawellness.com

Contact us: www.muminawellness.com/ +254723899429/ muminawellness@gmail.com

			between meals			
B-Complex	None significant	With food	Morning	Works synergistically, no specific inhibitors	Those with energy demands, stress, pregnancy	Nausea, stomach upset
Vitamin D	Magnesium (required for activation)	With fat-containing meals	Morning or midday	Magnesium and Calcium improve absorption	Those with low sun exposure, bone health	Toxicity at high doses, hypercalcemia
Magnesium	Calcium (competes for absorption)	With food	Evening (promotes relaxation)	Vitamin D and Calcium promote absorption, avoid high zinc intake	Those with muscle cramps, sleep issues	Diarrhea, stomach upset
Folic Acid	None significant	With food	Morning	Works with B12 and Vitamin C, no specific inhibitors	Pregnant women, those with anemia	High doses can mask B12 deficiency, nausea
Vitamin C	None significant	With food	Morning	Enhances iron absorption, no specific inhibitors	Individuals with low immune function	Gastrointestinal issues (diarrhea, stomach cramps)

- You should NEVER do something because someone else is doing it. Do some checks to check on feasibility, need and the effectiveness in regards to your body before starting any regimen.
- Always consult a Registered Dietitian before starting on any supplement.

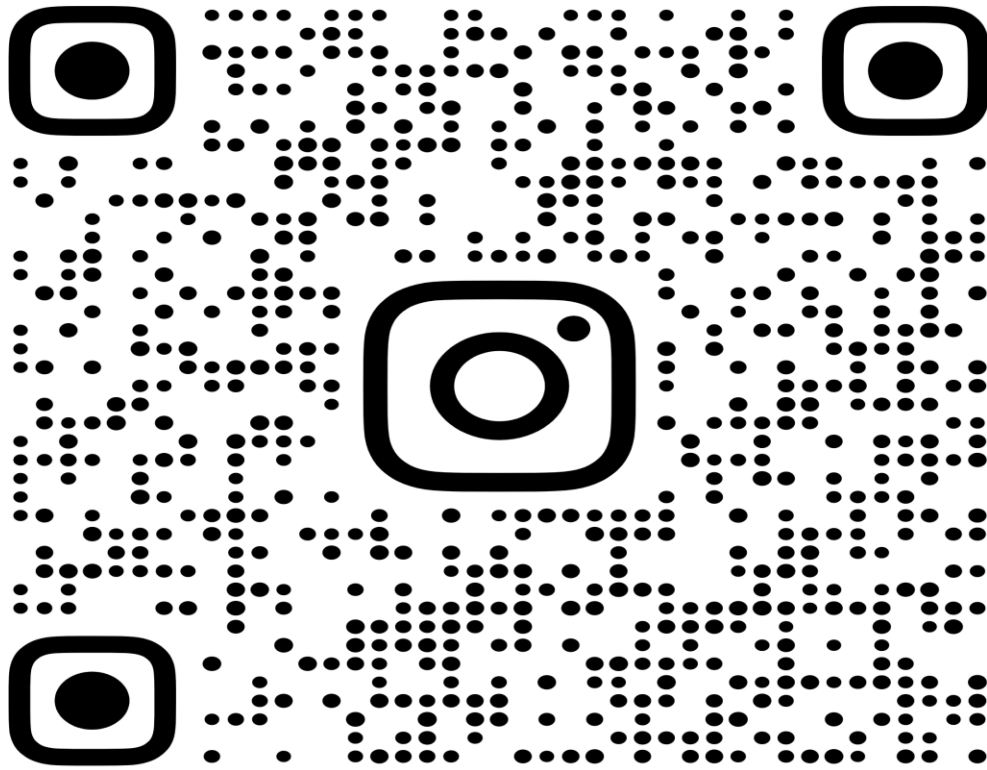
We offer personalized care plans and supplements packages as well. Reach out today for discounted rates: +254723899429/ muminawellness@gmail.com/ www.muminawellness.com

Contact us: www.muminawellness.com/ +254723899429/ muminawellness@gmail.com



We offer personalized care plans and supplements packages as well. Reach out today for discounted rates: +254723899429/ muminawellness@gmail.com/ www.muminawellness.com

Contact us: www.muminawellness.com/ +254723899429/ muminawellness@gmail.com



MUMINAWELLNESS

We offer personalized care plans and supplements packages as well. Reach out today for discounted rates: +254723899429/ muminawellness@gmail.com/ www.muminawellnes.com