

put it into practice

VITAMINS & SUPPLEMENTS

Trendsetters share insights on the vitamins and supplements they recommend.



DANNÉ MONTAGUE-KING
Founder of DMK- Danné Montague-King



“DMK’s EFA+ supplement provides the best and most precise blend of essential fatty acids 3, 6, and 9. It contains evening primrose oil, seabuckthorn oil, and vitamin E encased in a fish-sourced, gelatin capsule. DMK’s EFA+ are exceptionally beneficial to those suffering from irritated, red, or inflamed skin conditions such as dermatitis, eczema, and psoriasis.”

dannemking.com



HEATHER KREIDER, R.N., L.E.
Founder and Co-Owner of Hempfield Botanicals



“Feel less anxious throughout the day with this calming oral oil made with hemp seed oil, cannabidiol, and specially compounded terpenes including caryophellene, myrcene, and limonene. Studies suggest limonene may be a potential antidepressant, as well as a means to boost serotonin and dopamine in the brain, while caryophellene and myrcene reduce stress through their pain-relieving and anti-inflammatory properties.”

hempfieldbotanicals.com



KAELIN JUTRAS
CEO and Founder of Herbal Skin Solutions

“My favorite skin-healthy habit that aids in collagen synthesis, combats oxidative stress, and supports the entire immune system is taking a daily dose of Liposomal Vitamin C. With both fat- and water-soluble pathways, another thing to love about Liposomal C is its efficient delivery system, which results in optimal absorption by the body.”

herbalskinsolutions.com



DR. BEN JOHNSON
Founder and CEO of Osmosis Beauty

“The body uses oxygen to heal, fight bugs, and repair damage. Osmosis Beauty’s Immune Activator contains a patented, stabilized oxygen molecule that empowers the immune system and enhancing overall immunity inside and out.”

osmosisbeauty.com



SHAUNA BLANCH
COO and Co-Founder of Color Up Therapeutics

“The FULL SPECTRUM Vegan Capsules are a safe and easy way to incorporate CBD into a daily routine. The capsules contain 30 milligrams of high-quality, full-spectrum CBD, offering the synergistic benefits from other phytocannabinoids such as CBC, CBN, CBG, and less than 0.3% THC.”

colorupco.com

