

Supplements I Currently Take and Shops I Use

(From Richard Harris – FH Presenter on 8-11-2022)

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Daily or Almost Daily Supplements and My Preferred Shop

- B12: <https://www.infowarsstore.com/ultra-12-b12>
- Iodine: <https://www.infowarsstore.com/survival-shield-x-2-nascent-iodine>
- Collagen: <https://www.cleanlivingcompany.shop/collections/collagen-powder/products/keto-collagen-powder-chocolate?variant=30578571411544>
- Vitamins D and K2: <https://focussupplements.co.uk/product/vitamin-d3-k2-capsules/>
- Vitamin C: <https://clivedecarle.com/product/vitamin-c/>
- Chaga Mushroom Powder: https://sevenhillswholefoods.com/products/organic-chaga-mushroom-powder?_pos=1&_sid=6971cb818&_ss=r
- ZMA (Zinc, Magnesium, Vitamin B6): <https://www.bulk.com/uk/zma-capsules.html>
- MCT Oil: <https://coconut-merchant.com/products/mct-oil-500ml>
- Coconut Oil: <https://coconut-merchant.com/collections/coconut-oil/products/organic-coconut-oil-1l>
- Brazil Nuts (for Daily Selenium): <https://www.realfoodsource.com/product/brazil-nuts-1kg/>
- Sencha Green Tea: <https://suki-tea.com/green-tea-sencha>

Supplements I Occasionally Use and Their Shops

- Mugwort: Harvest from nature just after the Summer solstice
- Nettle for Tea: Harvest from nature
- Golden Teacher Mushrooms (Psychedelic Microdose): Legality varies worldwide, potentially harvest from nature
- Ivormectin: I get mine in bulk from Nigeria
- Diatomaceous Earth: <https://www.naturalsupplies.co.uk/collections/diatompure-human/products/diatompure-human-grade-350g>
- Calcium stack for teeth: <https://health4all.co.uk/product/calcium-zinc-magnesium-boron-tablets/>
- Cod Liver Oils / Fish Oils: <https://www.bulk.com/uk/cod-liver-oil-softgels.html#reviews>
- Spirulina Tablets: <https://sevenhillswholefoods.com/collections/spirulina/products/organic-spirulina-tablets>
- Reishi Mushroom: <https://www.mushroomtable.com/>
- Clif High Pure Sleep: <https://purebulk.com/products/clif-highs-pure-sleep>
- Alex Jones Knock Out Sleep Support: <https://www.infowarsstore.com/knockout-sleep-support>
- Parasite Herb Mix: <https://health4all.co.uk/product/parasite-detox-set-wormwood-black-walnut-cloves/>
- Cysteine: <https://health4all.co.uk/product/n-acetyl-cysteine-600mg-capsules/>
- Kidney Cleanse Herbs: <https://practitionersupplies.co.uk/fluid-extracts-tinctures/67-21day-kidney-cleanse-950ml.html>

Supplement Shops I Use

- Keto Source: <https://shop.ketosource.co.uk/>
- The Clean Living Company: <https://www.cleanlivingcompany.shop/>
- Bulk: <https://www.bulk.com/uk/>
- Health4All: <https://health4all.co.uk/>
- Moju health drinks: <https://mojudrinks.com/>
- Focus Supplements: <https://focussupplements.co.uk/>
- Practitioner Supplies: <https://practitionersupplies.co.uk/>
- Credence: <https://credenceonline.co.uk/shop/>
- Na'vi Organics: <https://www.naviorganics.uk/>
- Nature's Best: <https://www.naturesbest.co.uk/>
- Microbz Probiotic: <https://microbz.co.uk/product/bio-live-revive-premium-ingredients-for-digestive-health/>
- Natural Supplies (for diatomaceous Earth):
<https://www.naturalsupplies.co.uk/collections/diatompure-human/products/diatompure-human-grade-350g>
- Clive De Carle Shop: <https://clivedecarle.com/shop/>
- Seven Hills Whole Foods: <https://sevenhillswholefoods.com/>
- Real Food Source: <https://www.realfoodsource.com/>