



THE STERN METHOD
RYAN & TEDDY STERNAGEL

TOP SUPPLEMENTS



WHAT SUPPLEMENTS WE USE, HOW WE CHOOSE

We've broken out our supplements and how we use them into three categories:

1. Nourish (deep nutritional based supplements)
2. Correct (gut imbalance and toxicity)
3. Protect (cell DNA from damage and boost immune system)

Notes: (Unless otherwise noted, all subcategories are sorted by price per bottle, from lowest to highest)

NUTRIFY

Note: Each section is listed in order of average price per month (lowest to highest)

SUPER GREENS

- ✔ Moringa Leaf Powder – Mountain Rose Herbs
- ✔ Stevia Leaf Powder (Sweetener) – Mountain Rose Herbs
- ✔ E3AFA Blue Green Algae (Liquid or Powder) – E3Live (use code STERN for 10% off)
- ✔ Blue Majik Phycocyanin Spirulina – E3 Live (use code RYAN for 10% Off!)
- ✔ Cracked Cell Chlorella Powder – Purium (use code STERN for \$50 off your first order (over \$75) OR 25% off orders over \$200!)
- ✔ Barley Green Juice – Purium (use code STERN for \$50 off your first order (over \$75) OR 25% off orders over \$200!)
- ✔ Oceans Alive Recharge (Liquid) – Activation Products (use code STERN for 15% off)
- ✔ Kamut Wheatgrass Powder – Purium (use code STERN for \$50 off your first order (over \$75) OR 25% off orders over \$200!)

HEALTHY CELL MEMBRANES / ESSENTIAL FATTY ACIDS

- ✔ Five Seed Blend – Activation Products (use code STERN for 15% off)
- ✔ Organic Omega 3•6•7•9 – Global Healing (use code STERN for 15% off!)
- ✔ Pure Form Omega – PureLife Science (use code STERN for \$6 off!)
- ✔ GLX3 – Green Lipped Mussel Oil – by Haka Life Nutrition
- ✔ PC (Phosphatidylcholine) – BodyBio (use code STERN for 15% off!)

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SUPERFOOD BLENDS

- ✔ Vitamineral Green – HealthForce SuperFoods
- ✔ Fermented Green Supremefood – Divine Health
- ✔ Pure Synergy Superfood – Pure Synergy
- ✔ Organic SuperGreens – Paleo Valley*
- ✔ OrganiGreens – Organixx
- ✔ Green Juice – Organifi
- ✔ Epi-Genius Family – Purium (use code STERN for \$50 off first order (over \$75) OR 25% off orders over \$200!)
- ✔ Berry Power – Pure Synergy

TRACE MINERALS

- ✔ Trace Ocean Minerals – Activation Products (use code STERN for 15% off)
- ✔ Shilajit – Banyan Botanicals (use code STERNMETHOD15 for 15% off!)
- ✔ Black Gold Humic Acid – Doc of Detox (use code STERN10 for 10% off)
- ✔ ORMUS Earth Minerals – Global Healing (use code STERN for 15% off!)
- ✔ Beyond Ormus – Doc of Detox (use code STERN10 for 10% off)
- ✔ Fulvic Ionic Minerals X350 – Optimally Organic
- ✔ Black Diamond Humic & Fulvic Acid – Doc of Detox (use code STERN10 for 10% off)

SUPER FRUITS

- ✔ Organic Hawaiian Noni – Healing Noni (use code STERN10 for 10% off!)
- ✔ Royal Graviola (Soursop) – Whole World Botanicals

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WHOLE FOOD VITAMINS (SORTED BY VITAMIN)

- ✓ Cod Liver Oil (A,D) – Rosita
- ✓ Red Palm Oil (A, E) – Pure Indian Foods
- ✓ Cultured Ghee (A, K2) – Pure Indian Foods
- ✓ Bee Pollen (Granules) (B2, B3, B6, B9) – Mountain Rose Herbs
- ✓ Bee Pollen (Capsules) (B2, B3, B6, B9)– Y.S. Eco Bee Farms
- ✓ Miso Nooch Nutritional Yeast (B1, B2, B3, B6) – Wilderness Poets
- ✓ Grass Fed Organ Complex – (A, B2, B3, B6, B12) – Paleovalley
- ✓ Mussels (B2, B3, B5, B12) – Patagonia Provisions
- ✓ Camu Camu Berry Powder (C) – Wilderness Poets
- ✓ Essential C Complex Capsules (C) – Paleovalley
- ✓ Pure Radiance C (Powder or Capsules) (C) – Pure Synergy (Whole Food Form)
- ✓ Amla Powder or Tablets (C) – Banyan Botanicals (use code STERNMETHOD15 for 15% Off!)
- ✓ Sea Buckthorn Powder – Mountain Rose Herbs (C, K1, A as Beta-Carotene)
- ✓ Mushroom D2 (D) – Real Mushrooms (use code STERN for 10% Off!)
- ✓ Wheat Germ Oil (E) – Standard Process
- ✓ Plant Based Vitamin K2 (K2) – Sports Research

ESSENTIAL ELEMENTS (SORTED BY ELEMENT)

- ✓ Selenium (Selenium) – Global Healing (use code STERN for 15% off!)
- ✓ Selenium (Selenium) – Innate Response
- ✓ Ease Topical Magnesium (Magnesium)– Activation Products (use code STERN for 15% off)
- ✓ Renew Hair Skin & Nails (Silica + Collagen Formation) – Purium (use code STERN for \$50 off your first order (over \$75) OR 25% off orders over \$200!)
- ✓ Herbal Silica (Silica) – Alta
- ✓ Upgraded Selenium (Selenium) – Upgraded Formulas (use code STERN for 10% off)
- ✓ Upgraded Magnesium (Magnesium) – Upgraded Formulas (use code STERN for 10% off)
- ✓ Gold Standard Organic Sulfur (MSM) – H2O Air Water America
- ✓ MagSoothe (Magnesium) – Jigsaw Health (use code STERN10 for 10% off)
- ✓ Mg10 (Magnesium)– True Cellular Formulas
- ✓ Perfect Iodine (Iodine) – Activation Products (use code STERN for 15% off)
- ✓ GTF Chromium (Chromium) – Innate Response

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CORRECT: DETOXIFICATION, GUT HEALING & HOMEOSTASIS

Note: Each section is listed in order of average price per month (lowest to highest)

COLON CLEANSING & REGULARITY

- ✓ Colon Cleaner (Strong temporary cleanse) – SpeedyVite (use code STERN for 10% off!)
- ✓ Triphala (Long-term regularity & support) – Banyan Botanicals (use code STERNMETHOD15 for 15% Off!)
- ✓ Vital Lax (Moderate temporary cleanse) – Vital Planet
- ✓ Colon LifeBoost Tea (Gentle temporary cleanse) – SpeedyVite (use code STERN for 10% off!)
- ✓ OxyPowder (Intermittent cleanse) – Global Healing (use code STERN for 15% off!)
- ✓ Daily Cleansing Tea – Doc of Detox (use code STERN15 for 15% off)

ENHANCE DETOX & ANTIOXIDANT PATHWAYS

- ✓ BrocElite – Mara Labs
- ✓ Topical Glutathione – Auro Wellness (use code STERN for 10% off!)

DETOX ORGAN SUPPORT (SINGLE ORGAN)

- ✓ Kidney LifeBoost (Tea or Tincture) – SpeedyVite (use code STERN for 10% off!)
- ✓ Liver LifeBoost (Tea or Tincture) – SpeedyVite (use code STERN for 10% off!)
- ✓ Kidney Health – Global Healing (use code STERN for 15% off!)
- ✓ Liver Health – Global Healing (use code STERN for 15% off!)
- ✓ Milk Thistle Oil (Liver) – Activation Products (use code STERN for 15% off)
- ✓ PSC Liver Detox – Nature Provides (use code STERN10 for 10% off!)

DIGESTIVE ENZYMES

- ✓ VeganZyme – Global Healing (use code STERN for 15% off!)
- ✓ Vital Digest – Vital Planet
- ✓ Enzyme 17 – Organixx

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DIGESTIVE AIDS

- ✔ Badass Bitters (Liquid) – WishGarden Herbs
- ✔ Integrative Digestive Formula (Capsules) – Advanced Bionutritionals
- ✔ Aloe Digest (Powder) – Purium (use code STERN for \$50 off your first order (over \$75) OR 25% off orders over \$200!)
- ✔ Original or Citrus Bitters (Liquid) – Urban Moonshine
- ✔ PSC Digestive Health (Liquid) – Nature Provides (use code STERN10 for 10% off!)

LYMPHATIC SYSTEM SUPPORT

- ✔ PSC Lymph Health – Nature Provides (use code STERN10 for 10% off!)

GUT TOXICANT BINDERS

- ✔ Colon Detox (Powder or Capsules) – SpeedyVite (use code STERN for 10% off!)
- ✔ Ozonated Activated Charcoal – Global Healing (use code STERN for 15% off!)
- ✔ PectaSol – Econugenics (use code STERN for 20% off!)
- ✔ True Carbon Cleanse: True Cellular Formulas
- ✔ Brain Basics Ultra Pure IgG – Brain Bean
- ✔ Ultra Binder – Quicksilver Scientific (use code STERN for 15% off!)

DETOX ORGAN SUPPORT (SYSTEMIC)

- ✔ Blood LifeBoost (Tea or Tincture) – SpeedyVite (use code STERN for 10% off!)
- ✔ EcoDetox – Econugenics (use code STERN for 20% off!)
- ✔ Cleanse & Detox Kit – Organixx
- ✔ PSC Total Body Detox – Nature Provides (use code STERN10 for 10% off!)

HEALTHY BLOOD CIRCULATION

- ✔ Natto NSP-2 Fibrinolytic Enzyme – P2 Probiotic Power (use code STERN for 10% off!)

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HEAL GUT LINING

- ✓ Vital Gut Renew (Contains Glutamine) – Vital Planet
- ✓ ION Gut Health – ION Biome
- ✓ GI+ – Revive
- ✓ G.I. InnerCalm – Biocidin Botanicals (use code STERN for 10% off!)
- ✓ GI Revive (Contains Glutamine)
- ✓ Stockton Aloe – Haley Nutrition

HOMEOSTASIS / ADAPTOGENS

- ✓ Ashwagandha – Banyan Botanical Banyan Botanicals (use code STERNMETHOD15 for 15% Off!)
- ✓ Stress Ease – Banyan Botanicals (use code STERNMETHOD15 for 15% Off!)
- ✓ Holy Basil – Gaia Herbs
- ✓ Rhodiola Rosea – Gaia Herbs
- ✓ Stress Free – Nature Provides (use code STERN10 for 10% off!)
- ✓ Ultimate Energy – Sun Horse Energy (use code STERN15 for 15% off!)
- ✓ Thrivagen (Women) – Sun Horse Energy (use code STERN15 for 15% off!)
- ✓ Mojo 8.5 (Men) – Sun Horse Energy (use code STERN15 for 15% off!)

PATHOGEN DETOX

- ✓ Oil of Oregano (Broad Spectrum) – Gaia Herbs
- ✓ Diatomaceous Earth (Parasitic) – Diatomaceous Earth (use code STERN10 for 10% off!)
- ✓ Solaris (Broad Spectrum) – Activation Products (use code STERN for 15% off)
- ✓ Vir-U-Sure (Viral) – Purium (use code STERN to get \$50 off your first order (over \$75) OR 25% off orders over \$200!)
- ✓ LDM100 (Viral) – Barlow Herbal
- ✓ Atrantil (Bacterial) – Atrantil
- ✓ Paratrex (Parasitic) – Global Healing (use code STERN for 15% off!)
- ✓ Foreign Protein Cleanse (Viral) – Global Healing (use code STERN for 15% off!)
- ✓ Super CleansR – Purium (Parasitic) (use code STERN for \$50 off your first order (over \$75) OR 25% off orders over \$200!)
- ✓ Para Cleanse (Parasitic) – Nature Provides (use code STERN10 for 10% off!)
- ✓ Bee Propolis Ultimate (Broad Spectrum) – Natura Nectar (use code STERN for 20% off!)
- ✓ Biocidin Liquid or LSF (Broad Spectrum) – Biocidin Botanicals

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1. Nutrify (deep nutritional based supplements)
2. Correct (gut imbalance and toxicity)
3. Protect (cell DNA from damage and boost immune system)

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HEAVY METAL DETOX

- ✔ Detox Deodorant (Topicals) – Herbalix (use code STERN for 10% off!)
- ✔ Heeling Soles – Herbalix (use code STERN for 10% off!)
- ✔ EZDtox (Topical) – SomaHealth (use code STERN for 15% off!)
- ✔ Belly Fat Freedom (Topical) – Herbalix (use code STERN for 10% off!)
- ✔ CytoDetox – True Cellular Formulas
- ✔ Cleansing Foot Pads (Topical) – Global Healing (use code STERN for 15% off!)

CHEMICAL DETOX

- ✔ Toxin Binder – Global Healing (use code STERN for 15% off!)
- ✔ Biome Medic – Purium (use code STERN to get \$50 off your first order (over \$75) or 25% off orders over \$200!)
- ✔ GlyphoDetox – Econugenics (use code STERN for 20% off!)

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PROTECT: ADVANCED CELLULAR WELLNESS

Note: Each section is listed in order of average price per month (lowest to highest)

EPIGENETIC MODIFICATION (BLENDS)

- ✓ Polyphenols Broad Spectrum – CodeAge (use code STERN10 for 10% off!)
- ✓ Cell Protector – Pure Synergy
- ✓ Calibr8 – Clar8ty
- ✓ Our 7 – Our Health Naturally (use code STERN for 10% off!)
- ✓ Curcumin Gold – Purity Health (use code STERN for 10% off!)

MEDICINAL MUSHROOMS (BLENDS)

- ✓ MycoPhyto Complex – Econugenics (use code STERN for 20% off!)
- ✓ Liposomal Mushroom Mindboost – Purity Health (use code STERN for 10% off!)
- ✓ 5 Defenders – Real Mushrooms (use code STERN for 10% off!)

EPIGENETIC MODIFICATION (SINGLE INGREDIENTS)

- ✓ Liposomal Apigenin – CodeAge (use code STERN10 for 10% off!)
- ✓ Premier Resveratrol – Premier Research Labs
- ✓ Nanofood Liposomal Quercetin Phytosome – CodeAge (use code STERN10 for 10% off!)
- ✓ HonoPure (Honokiol) – Econugenics (use code STERN for 20% off)
- ✓ Melatonin High Dose – Select Balance (use code STERN10 for 10% off)
- ✓ Black Cumin Oil – Activation Products (use code STERN for 15% off)
- ✓ Deltanol Delta-Tocotrienol Complex – Premier Research Labs
- ✓ Bee Propolis Ultimate – Natura Nectar (use code STERN to get 20% off!)

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ADVANCED HEALING FORMULATIONS

Note: Listed in order of average price per month at therapeutic dosing

- ✓ Methylene Blue (Mitochondrial Function / Photodynamic Therapy) – Best365Labs (use code STERN for 15% off!)
- ✓ PectaSol (Epigenetic Modification) – Econugenics (use code STERN for 20% off!)
- ✓ Metatrol (Mitochondrial Function) – American BioSciences (use code STERN for 10% off!)
- ✓ c6O Concentrate (High-Powered Antioxidant)— Doc of Detox (use code STERN10 for 10% off)
- ✓ ValAsta (High-Powered Antioxidant) (use code STERN for 5% off!)
- ✓ Poly-MVA (Mitochondrial Function) – Amarc Enterprises
- ✓ Cell Protect (Homeostasis / Adaptogens) – Sun Horse Energy (use code STERN15 for 15% off!)
- ✓ Pancreas Natural Glandular (Proteolytic Enzyme Therapy) – Professional Formulas
- ✓ Haelan 951 (Epigenetic Modification) – Haelan Products

MITOCHONDRIAL FUNCTION

- ✓ CoQ10 & BioPQQ® with Shilajit – Global Healing (use code STERN for 15% off!)
- ✓ MitoPure Urolithin A (Softgels or Powder) – Timeline Nutrition (use code STERN for 20% off!)

HIGH DOSE ASCORBATE (“VITAMIN C”)

- ✓ Liposomal Vitamin C (Liposomal) – Core Med Science
- ✓ Potent C Guard (High Dose Ascorbate) – Perque
- ✓ Micelle Vitamin C (Liposomal) – Purity Health (use code STERN for 10% off!)

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IMMUNOMODULATION

- ✓ ImmPower (AHCC) – American BioSciences (use code STERN for 10% off!)
- ✓ BRM4 – Daiwa Health (use code STERN10 for 10% off!)
- ✓ Beta Glucan 500 – Betterway Health (use code STERN for 10% off!)

MEDICINAL MUSHROOMS (SINGLE INGREDIENTS)

- ✓ Turkey Tail – Real Mushrooms (use code STERN for 10% off!)
- ✓ Reishi – Real Mushrooms (use code STERN for 10% off!)
- ✓ Maitake SX-Fraction – Mushroom Wisdom (use code STERN for 10% off!)
- ✓ Maitake D-Fraction (Healthy Blood Sugar) – Mushroom Wisdom (use code STERN for 10% off!)
- ✓ Chaga – Real Mushrooms (use code STERN for 10% off!)
- ✓ Cordyceps – Real Mushrooms (use code STERN for 10% off!)
- ✓ Super Shiitake – Mushroom Wisdom (use code STERN for 10% off!)
- ✓ Super Royal Agaricus – Mushroom Wisdom (use code STERN for 10% off!)

SLEEP SUPPORT

- ✓ I Sleep Soundly – Banyan Botanicals (use code STERNMETHOD15 for 15% Off!)
- ✓ Apothe-Cherry – Purium (use code STERN to get \$50 off your first order (over \$75) OR 25% off orders over \$200!!)
- ✓ Liposomal Ashwagandha – Purity Health (use code STERN for 10% off!)

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