

Aston Rx Online Program

Recommended Supplements

Listed below are a number of supplements that may have been recommended to you to take throughout the program. Instructions on when to take and the dosage will be clearly outlined in your daily online program.

Blackmores Bio-Chromium

Chromium helps to regulate blood sugar levels and can reduce cravings.

CoQ10 Excel 150mg

Coenzyme Q10 (CoQ10) is involved in energy production, antioxidant activity, supports cardiovascular health and may assist in lowering LDL cholesterol.

Vitamin D3

Vitamin D3 plays an important role in calcium absorption and bone health. It is also involved in the effective functioning of the cardiovascular and immune systems.

UB75

UB75 is a combination of 11 probiotic strains providing 75 billion bacteria per capsule to help restore optimum gut health.

UltraBiotic 60

UltraBiotic 60 is a combination of 10 probiotic strains providing 60 billion bacteria per capsule to help restore optimum gut health.

UltraClean 85 and UltraClean EPA DHA

A concentrated fish oil capsule with the highest concentration of EPA and DHA. Unlike many fish oil supplements, UltraClean products have the highest standard of purity (low mercury).

Fish may assist with:

- Temporary joint inflammation and swelling.
 - May help to support normal blood pressure.
 - Reduce inflammation in the body.
 - Support the maintenance of healthy mood and cognitive function.
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Ubiquinol BioActive 150mg

Ubiquinol has superior absorption and higher availability than other forms of CoQ10. Ubiquinol supports healthy energy synthesis and is a highly efficient antioxidant to combat oxidative stress associated with increasing age, including oxidation of LDL cholesterol.

UM Magnesium 250g oral powder

UM Magnesium provides nutrients that are lost during times of moderate to intense physical exertion.

Ultra Muscleze

A great tasting, high dose magnesium powder that along with the other nutrients in contains may help with the following:

- Relieving muscular, aches, pains and spasms.
- Supports a healthy stress response.
- Helps in the symptomatic relief of premenstrual syndrome, including mood swings, fluid retention, bloating and breast tenderness.