

# Jordan Rubin GETS CRITICAL

Every year, I take great pleasure in traveling around the country and speaking to thousands of people about their health. Oftentimes, the people I am speaking to have just begun their health journey, and they are looking for advice on how to start. In fact, one of the questions I am most often asked is,

## “WHICH SUPPLEMENTS DO I NEED TO TAKE?”

To answer that question, I've come up with the Critical 5—five supplement categories that are critical to building a health foundation.



I ENCOURAGE EVERY ONE OF YOU TO INCORPORATE SUPPLEMENTS FROM EACH OF THESE CRITICAL 5 CATEGORIES. YOUR BODY WILL THANK YOU!

### #1—RAW, WHOLE FOOD MULTIVITAMIN

Let's face it... even the best diet in the world can be lacking in certain nutritional areas. The food we eat—even the healthy stuff—is less nutritious today than it was a few decades ago. That is why I recommend that everyone take a raw whole food multivitamin to make up for the nutritional gaps that occur in even the healthiest diets.

### #2—RAW, ORGANIC PROTEIN & MEAL

It can be extremely difficult to find truly healthy protein, carbohydrates and fats, which is why I recommend supplementing with a raw, USDA Certified Organic protein and meal replacement. Protein comes from a Latin word which means of primary importance—and I agree! It is the building block of cells, muscles, hair, skin, nails, immune system and hormones. In short, protein rebuilds the body.

### #3—ORGANIC GREEN SUPERFOODS

With a name like *superfoods*, they must be critical! Superfoods are defined as foods that are nutrient dense, contain a wide variety of nutrients, contain phytonutrients and are free of toxins. Cereal grasses such as wheat grass, barley grass, oat grass, kamut and alfalfa are among the most sought after superfoods and are an important part of a healthy diet. Choosing a USDA Certified Organic green superfood is my recommendation to anyone seeking enhanced nutrition.

### #4—OMEGA-3 FISH OIL

It's a simple equation: Americans aren't eating enough fish, and they're not getting enough omega-3 fatty acids such as EPA and DHA. Omega-3 fish oils are a critical component to supporting overall health. Supplementing with a premium, highly concentrated omega-3 fatty acid fish oil should be a must on everyone's list.

### #5—PROBIOTICS

Probiotics are oftentimes the most overlooked nutrient for extraordinary health. Every nutrient you consume goes through the digestive system. The truth is that, if you want the benefits of a healthy diet, you need to have a healthy digestive system—and probiotics are vital for digestive health.