

Not All *Supplements* Are Created Equal



Many drugstore and grocery store supplements use cheaper, poorly absorbed forms of nutrients. As a result, your body may not properly utilize them, meaning you receive little benefit from what you're taking.

In some cases, you're simply excreting what your body can't absorb.

Why Generic Supplements Fall Short

- Low-quality or synthetic nutrient forms
- Poor absorption (low bioavailability)
- Artificial dyes, fillers, and additives
- Inadequate dosing
- Limited quality testing

If a nutrient isn't absorbable, it isn't effective.

What Inside Health Recommend's

For daily essentials, we recommend professional-grade, high-quality supplements that are:

- Highly absorbable (methylated and chelated forms)
- Third-party tested for purity
- Free of artificial colors and unnecessary fillers
- Properly dosed for real benefit
- Manufactured in GMP-certified facilities

For daily foundational support, we typically recommend starting with a ***high-quality multivitamin, Vitamin D, Vitamin C, and a purified fish oil***. These essentials help support immune function, energy production, inflammation balance, and overall metabolic health. Choosing properly formulated, professional-grade products ensures you're getting nutrients in forms your body can absorb and utilize effectively. Below are our recommended products to help you build a strong daily foundation.

Recommended Daily Essentials

Supporting your health at a foundational level starts with giving your body the nutrients it needs to function properly every single day.

Cataplex C provides powerful antioxidant vitamin C to support immune function, collagen production, healthy blood vessels, bone tissue, and adrenal health, making it essential for resilience, recovery, and connective tissue strength.*

Cataplex D delivers 1,600 IU of vitamin D to support immune balance, calcium absorption, and bone density, while also supplying vitamin A for additional antioxidant protection.*

Core Nutrients offers comprehensive, highly bioavailable vitamin, mineral, antioxidant, and cofactor support to help rebuild and restore cellular health, optimize energy production, support detoxification pathways, and promote metabolic and neurological balance.* Enhanced with BioActive Carbon® Technology, this formula improves nutrient absorption and supports the body's natural detoxification processes.*

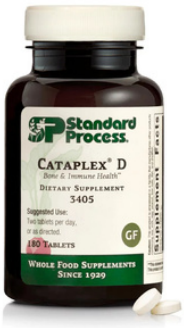
Tuna Omega-3 Oil helps bridge the gap in dietary omega-3 intake and supports the body's natural inflammatory response function.* This non-concentrated tuna oil provides a natural profile of omega-3s and is rigorously tested to ensure purity and safety. Omega-3 fatty acids are essential for normal skin function, while DHA plays a critical role in supporting healthy brain structure and proper fetal eye and brain development.*

Catalyn Chewable provides whole-food-based vitamins in a convenient, great-tasting format to support cellular function and overall well-being.*

Together, these foundational supplements help establish a strong cellular base for immune strength, energy, bone health, detoxification, and long-term resilience.*

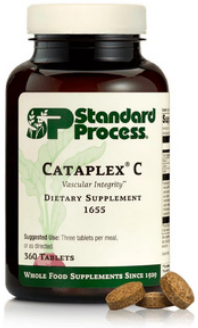
Foundational Supplements for Daily Health

Cataplex-D



Shop Now

Cataplex-C



Shop Now

Tuna Omega-3 Oil



Shop Now

Core Nutrients (Multivitamin)



Shop Now

Cataplex-C



Shop Now

Catalyn Chewable for Kids



Shop Now

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.