

Dr. Low Dog's: Nutrition Prescription



Supplements:

Multi-Vitamin: Basic, Gender & Age Specific
 Vitamin D3: 1,000-2,000 IU/day
 Omega 3s: EPA 400g-800mg
 DHA 200g-500mg

Lifestyle:

Movement



Meditation



Community



Beverages:

Water: 4-8 servings (8 oz/serving)
 Tea & Coffee: 0-3 servings (< 300 mg Caffeine)
 Alcohol: 0-2 servings

Healthy Fats & Oils:

Olive Oil (Extra Virgin)
 Grape Seed (Cold Pressed)
 Butter (Organic)



Sweets
(sparingly)



Dairy
Organic
(0-2 servings)



Whole Grains
(2 servings)



Fruit (2-3 servings)



Protein (3-4 servings)



Vegetables (4-6 servings)