

THRIVE With Dr. Kat - Supplement Review Report

Supplements can be powerful tools - but only when you know why you are taking them and how they fit your body's needs. The reality? Not all formulas are created equal. Some are packed with meaningful doses of bioavailable nutrients, while others are underdosed or poorly absorbed. I help you cut through the confusion so you can feel confident that what you are taking is worth every penny.

Below is a sample supplement breakdown template. For each ingredient, I will provide:

- What it is and what it does
- Food equivalent comparison
- Why this form is beneficial
- Why it might be hard to get enough from food alone

Vitamin D3 (Cholecalciferol)

What it does: Supports calcium absorption, bone health, immune regulation, and hormone balance.

Food sources: Found in salmon, mackerel, sardines, and egg yolks. To match 4000 IU, you would need about 20 oz of salmon.

Why this form: D3 is better absorbed and more effective at raising blood vitamin D levels than D2.

Why food alone may not be enough: Limited in foods; synthesis depends on sun exposure, which is variable.

Magnesium (as Di-Magnesium Malate)

What it does: Supports muscle relaxation, nerve signaling, and energy production.

Food sources: Found in pumpkin seeds, almonds, and spinach. One ounce of pumpkin seeds provides about 150 mg magnesium.

Why this form: Magnesium malate is gentle on digestion and supports ATP production.

Why food alone may not be enough: Soil depletion reduces magnesium in crops; stress increases needs.

Choline (as Choline Bitartrate)

What it does: Critical for fetal brain development, neurotransmitter synthesis, and liver health.

Food sources: Found in eggs (about 150 mg each), beef liver, and salmon.

Why this form: Bitartrate form is stable and cost-effective, though not as bioavailable as alpha-GPC.

Why food alone may not be enough: Many women do not consume enough eggs or liver; needs increase during pregnancy.

At THRIVE With Dr. Kat, I offer a personalized Supplement Review Service. Whether it is a prenatal, a probiotic, or a protein powder, I create a breakdown like this for any supplement you are considering - so you know exactly what each ingredient does, how it compares to food sources, and whether it is worth your investment.

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