

Supplements in practice:

A glance at the top-prescribed ingredients by nurse practitioners

Magnesium

Magnesium is an essential mineral, and a cofactor in over three hundred enzymatic reactions involved in protein synthesis, muscle contraction, nerve function, blood pressure, glucose regulation, hormone receptor binding, cardiac conduction, transmembrane ion flux, and calcium channel gating. It is required for the production of ATP and the synthesis of RNA and DNA.

There are several forms of magnesium. Some of the most common include magnesium citrate, magnesium glycinate, magnesium sulfate, magnesium L-threonate, and magnesium taurate.

Top uses:

Blood pressure

Sleep and fatigue

Blood glucose regulation

Metabolic syndrome

Bowel regularity

Mood support

Learn more about the clinical applications:

[Magnesium ingredient review](#)

[Lung support protocol](#)

[Blood pressure support protocol](#)

[Mood support protocol](#)

[Bone support protocol](#)

[Nervous tension protocol](#)

[Everyday health protocol](#)

[Postoperative care protocol](#)

[Exercise pain and recovery protocol](#)

[Pregnancy support protocol](#)

[Hard stools protocol](#)

[Sleep support protocol](#)

[Headaches protocol](#)

Vitamin D

Vitamin D is a pro-hormone and a non-essential, fat-soluble vitamin that can be synthesized in the skin following UV exposure. Vitamin D3 (cholecalciferol) and vitamin D2 (ergocalciferol) are the naturally occurring forms found in supplements. Supplementation is often used to establish sufficient vitamin D levels, which typically correlates with the prevention and treatment of a wide variety of health conditions such as cardiovascular disease and osteoporosis.

Learn more about the clinical applications:

[Vitamin D ingredient review](#)

[Longevity support protocol](#)

[Bone support protocol](#)

[Ovarian health protocol](#)

[Everyday health protocol](#)

[Nervous tension protocol](#)

[Fatty liver support protocol](#)

[SIBO protocol](#)

[Focus and hyperactivity protocol](#)

[Thyroid support protocol](#)

[Headaches protocol](#)

[Women's fertility protocol](#)

Top uses:

General health

Musculoskeletal health

Immune health

Cardiovascular health

Prenatal support

Thyroid support

Cognitive function

B-complex

B vitamins are a group of water-soluble vitamins essential for several important functions in the body, including supporting metabolism and energy production. There are eight B vitamins. Collectively, this group of B vitamins is often referred to as “B-complex vitamins.”

The eight B vitamins include:

- B1 (thiamin)
- B2 (riboflavin)
- B3 (niacin)
- B5 (pantothenic acid)
- B6 (pyridoxine)
- B7 (biotin)
- B9 (folate)
- B12 (cobalamin)

Learn more about the clinical applications:

[Vitamin B6 ingredient review](#)

[Everyday health protocol](#)

[Vitamin B12 ingredient review](#)

[Longevity support protocol](#)

[B vitamins comprehensive guide](#)

[Reflux support protocol](#)

[Elevated homocysteine protocol](#)

[Stress and adrenal support](#)

Top uses:

Stress

Adrenal support

Neurological function

Red blood cell production

Longevity



Omega-3 fatty acids

Omega-3 fatty acids are polyunsaturated fatty acids that are essential to human health and possess lipid-mediating and anti-inflammatory properties. There are three key omega-3 fatty acids: alpha-linolenic acid (ALA), docosahexaenoic acid (DHA), and eicosapentaenoic acid (EPA). ALA, derived from plant sources, is converted in the body to DHA and EPA. However, this conversion is limited, making it important to consume DHA and EPA, which are found in high levels in certain fish.

Learn more about the clinical applications:

Omega-3 ingredient review	Focus and hyperactivity protocol
Cholesterol support protocol	Inflammation protocol
Elevated homocysteine protocol	Longevity support protocol
Everyday health protocol	Lung support protocol
Exercise pain and recovery protocol	Mood support protocol
Exercise performance and body composition protocol	Ovarian health protocol
	Postoperative care protocol

Top uses:

- High cholesterol
- Inflammation
- Cognitive function
- Mood support
- Prenatal support

Ashwagandha

Derived from the *Withania somnifera* plant, ashwagandha is a widely used medicinal herb best known for its anti-inflammatory and anti-stress properties. Classified as an adaptogen, ashwagandha may enhance the body's ability to better manage stress. Adaptogens are a class of herbs that aid in the regulation of hormones involved in the stress response. They help the body adapt to stressful situations and resist the damaging effects of long-term stress. In addition, adaptogens like ashwagandha have been shown to improve sleep and support adrenal health.

Learn more about the clinical applications:

Ashwagandha ingredient review	Stress and adrenal support protocol
Everyday health protocol	Thyroid support protocol
Men's sexual wellness protocol	Women's fertility protocol
Nervous tension protocol	

Top uses:

- Stress
- Adrenal support
- Inflammation
- Fertility
- Athletic performance
- Sleep
- Thyroid support



References

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