



Comprehensive Center
for Women's Medicine
A Holistic Medical Practice

NUTRACEUTICAL RECOMMENDATIONS

TO SUPPORT YOU WITH FOCUS, CONCENTRATION, MOOD, SLEEP AND ANXIETY

O-Tropin® - Certain amino acids and vitamins are provided in our formula to support healthy sleep, restoration, and normal pituitary function.

[Dr. Skul's Patients Buy Here](#)

[Dr. Hoyer's Patients Buy Here](#)



Vitamin D3/K 5000 IU per day assists in immune support and has been proven to be anti viral.

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L-Theanine - may be used in addition to Melatonin and O-Tropin® to enhance both falling asleep and staying asleep and can also be used by itself throughout the day to remain calm when we feel anxious.

[Dr. Skul's patients sign up to buy here using code 4.7524.](#)

[Dr. Hoyer's patients sign up to buy here using code 4.9224.](#)



OmegaGenics EPA-DHA 1000 - A great anti-inflammatory and support of brain, health and bone health.



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Ceralin Forte - Powerful B vitamins and NAC help with concentration, energy and focus

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MetaRelax or Mag Glycinate will help muscles relax and are helpful at bedtime to support relaxed sleep



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Serenagen - An herbal stress reduction formula based on Traditional Chinese Medicine.

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TO SCHEDULE AN APPOINTMENT WITH



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