

Vegan & Vegetarian Supplement Guide

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In the article on veganism and vegetarianism, I've talked about how these diets are not optimal because they miss a lot of important nutrients. If you're sticking to a vegan or vegetarian diet anyway, you should take these supplements:

Essential Supplements for Vegetarians AND Vegans:

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|---|--|
| 1. Vitamin D - http://aferg.co/2AooeeJ | 7. Glycine - http://aferg.co/2ApnW7u |
| 2. Vitamin K - http://aferg.co/2yCflkC | 8. Taurine - http://aferg.co/2zjVOoo |
| 3. Vitamin E - http://aferg.co/2yys7SB | 9. Proline - http://aferg.co/2h8yl9H |
| 4. Zinc - http://aferg.co/2j5eD8x | 10. Creatine - http://aferg.co/2yaMU8Y |
| 5. Iron - http://aferg.co/2j4xeRZ | 11. Carnosine - http://aferg.co/2yDGL31 |
| 6. Calcium - http://aferg.co/2j46YXT | 12. Carnitine - http://aferg.co/2zo0DN9 |



Additional Supplements For Vegans:

1. **Protein Powder** - <http://aferg.co/2zn2m5u>
2. **Coconut Oil** - <http://aferg.co/2zBsslZ>
3. **Cacao Butter** - <http://aferg.co/2hM3cPC>
4. **B Vitamins** - <http://aferg.co/2yCoWHY>
5. **Algae Oil DHA** - <http://aferg.co/2hMc9lv>
6. **Choline** - <http://aferg.co/2iAbB8t>

Follow the instructions for each supplement Use Iherb code **BHS654** for a discount

Read '8 Proven Reasons Why Vegan and Vegetarian Diets Easily Ruin Your Body' at:

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