

H O T Z E

HEALTH & WELLNESS CENTER

FREQUENTLY ASKED QUESTIONS

VITAMINS & SUPPLEMENTS

What supplements help with constipation? What can cause loose stools/diarrhea?

Vitamin C, Magnesium Citrate, Omega Nutrients, Fiber Blend and Fish Oil may all help with constipation. However, they can also cause loose stools if taken in high quantities.

- Sweet-n-Natural can also have a laxative effect.

What supplements help with high blood pressure?

L-Taurine, Magnesium Citrate, CoQ-10 or Ubiquinol, Potassium, Vitamin D, Royal Garlic and Dr. Hotze's Blood Pressure Support are typically recommended. If you have any questions about which supplements are best and what quantities to take, please contact one of the Hotze Health Coaches at (281) 579-3600.

What supplements will help improve my energy level?

Vitamin B-12 sublingual drops or injections, B-complex, L-Carnitine, CoQ-10/Ubiquinol and Energy Formula can all help to improve energy. If you have any questions about which supplements are best and what quantities to take, please contact one of the Hotze Health Coaches at (281) 579-3600 or one of the vitamin consultants at Hotze Vitamins, (281) 646-1659.

What supplements promote healthy hair, skin and nails?

Omega Nutrients, Fish Oil, Vitamins C, D & E, Biotin, CoQ10, Alpha Lipoic Acid and Dr. Hotze's Hair, Skin and Nails formula all support healthy hair, skin and nails. If you have any questions about which supplements are best and what quantities to take, you can contact one of the vitamin consultants at Hotze Vitamins, (281) 646-1659.

What supplements aid in weight loss?

Vitamin supplementation, along with healthy eating, moderate caloric intake and exercise, will ensure the best results.

The following are supplements may also be helpful: L-Carnitine, Alpha Lipoic Acid, Fish Oil, Body Works Plus, Green Coffee Bean Extract, Detox Formula, Fiber Blend and Green Tea Extract.

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