



Aanbevolen (natuurlijke) supplementen

- Omega-3

<https://www.247healthy.nl/product/1276483/visolie-omega-3>

- Vitamine-C

<https://www.247healthy.nl/product/1405278/natuurlijke-vitamine-c>

- Vitamine D3

<https://www.247healthy.nl/product/2879622/vitamines-d3-k2>

- Multivitamine

<https://www.247healthy.nl/product/1493050/multivitamine>

- Magnesium

<https://www.247healthy.nl/product/1369281/magnesium-citraat>

Dopamine:

<https://www.247healthy.nl/product/2644685/mucuna-pruriens>

GABA:

<https://www.247healthy.nl/product/1521386/gaba-plus>

Serotonine:

<https://www.247healthy.nl/product/3336389/5-htp-100-mg>