THE KIRKMAN®
ROADMAP
to Nutritional Supplementation

- LAB TEST RESULTS
  - SKIN CONDITIONS
  - TIREDNESS/LACK OF ENERGY
  - LETHARGY

- POOR NUTRITIONAL PROFILE

- B-6/Magnesium Supplements
  - Cod Liver Oil
  - Omega-3 Products
  - DMG/TMG
  - Carnosine
  - Creatine
  - Inositol

- SOCIAL SKILLS
  - EYE CONTACT
  - AGGRESSION
  - DEPRESSION

- LAB TEST RESULTS
  - BEHAVIORAL ISSUES
  - LACK OF SOCIAL SKILLS
  - AGGRESSION

- TOXIC LOAD
  - HEAVY METALS

- LAB TEST RESULTS
  - SOCIAL SKILLS
  - LACK OF ENERGY
  - LETHARGY

- IMMUNE DEFICIENCIES

- Sulfation
  - Phenol Sensitivity
  - Methylation
  - Oxidative Stress

- FREQUENT ILLNESS/INFECTION
  - FOOD ALLERGIES
  - LOW GLUTATHIONE LEVELS
  - INADEQUATE DETOXIFICATION
  - OXIDATIVE STRESS

- MELATONIN
- GABA
- TAURINE
- MAGNESIUM

- THE KIRKMAN® DIGESTIVE FUNCTION
  - LEAKY GUT
  - INFLAMMATION
  - YEAST/BACTERIAL OVERGROWTH
  - CONSTIPATION/DIARRHEA
  - ULCERATION

- IMMUNE SUPPORTERS
  - Zinc
  - Beta Glucan
  - Vitamin C
  - Vitamin E
  - Selenium
  - Coenzyme Q10
  - Glutathione
  - N-Acetyl Cysteine
  - Antioxidants

- PROBIOTICS
- CF/GF Diet & Foods
- Cranberry Extract
- Colostrum
- Gastrointestinal Support Products
- AntiFungals
- OTC Pharmaceuticals
- U-Glutamine
- N-Acetyl Glucosamine

- Methyl B-12
- Epsom Salt Baths/Cream
- TMG
- Folic Acid
- Zinc
- Phenol Reducers
- Antioxidants

- Methyl B-12
- TMG
- FOLINIC ACID
- ZINC
- PHENOL REDUCERS
- ANTIOXIDANTS
- PROBIOTICS
- CF/GF DIET & FOODS
- CRANBERRY EXTRACT
- COLOSTRUM
- GASTROINTESTINAL SUPPORT PRODUCTS
- ANTIFUNGALS
- OTC PHARMACEUTICALS
- L-GLUTAMINE
- N-ACETYL GLUCOSAMINE

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• Insomnia
• Night Wake Up
• Nightmares
• Restlessness

• Enzyme Insufficiency
• Malabsorption

• Frequent Illness/Infection
• Food Allergies
• Low Glutathione Levels
• Inadequate Detoxification
• Oxidative Stress

• Leaky Gut
• Inflammation
• Yeast/Bacterial Overgrowth
• Constipation/Diarrhea
• Ulceration

• Sulfation
• Phenol Sensitivity
• Methylation
• Oxidative Stress

• Lab Test Results
• Skin Conditions
• Tiredness/Lack of Energy
• Lethargy

• Social Skills
• Eye Contact
• Aggression
• Depression

• Lab Test Results
• Behavioral Issues
• Lack of Social Skills
• Aggression

New to biomedical approaches?
Confused where to begin?
Overwhelmed with information?
Need a quick refresher course?
What’s important to tell your doctor?

for more information visit us at:
www.kirkmangroup.com

The Kirkman roadmap can help guide you and your physician on the right path for nutritional supplementation.