

GAPS SUPPLEMENTS

.... *Recommended Brands*

COD LIVER OIL

1. [Corganic Extra Virgin Cod Liver Oil](#)
2. [NutraPro Virgin Cod Liver Oil](#)

ESSENTIAL FATTY ACIDS

1. [Nordic Naturals Pro EFA](#) (liquid or caps)
2. [Eskimo 3 Brainsharp](#) (UK, used by Dr. NCM herself)
3. [Vital Choice Sockeye Salmon Fish Oil](#)
4. [Vital Choice Krill Oil](#) (high in absorbable phospholipids)
5. [Biotics Optimal EFA's](#)
6. [Barlean's Lignan Omega Twin Liquid](#)
7. [Vital Nutrients Fish Oil](#)
8. [Vital Nutrients Evening Primrose Oil](#)

PROBIOTICS

1. See the Probiotic Chart in Module 4
<http://gapsclass.com/wp-content/uploads/2014/03/Probiotic-Chart3.pdf>

HCL

1. [Pure Encapsulations Betaine HCl Pepsin](#)
2. [Thorne Research Betaine HCl + Pepsin](#)
3. [Biotics Hydrozyme](#) (very little pepsin, good for older kids)

4. [Premier Labs HCL](#) (no pepsin)
5. [Twin Lab Betaine HCL](#)
6. [NOW Betaine HCL](#)

DIGESTIVE BITTERS

1. [Urban Moonshine](#)
 - a. [Original Bitters](#) (appropriate for Intro Stages 3 - 6)
 - b. [Citrus Bitters](#) (appropriate for Full GAPS)

IODINE

1. [Lugol's Iodine Paint](#)
2. General drugstore iodine (some contain preservatives that can cause a skin reaction, read labels)
3. [Seagreens](#)

DIGESTIVE ENZYMES

1. [Houston Enzymes TriEnza](#)
2. [Houston TriEnza Powder](#)
3. Biotics [Gastrazyme](#) or [Intenzyme Forte](#)

OTHER DIGESTIVE SUPPORT

1. [Biotics Beta TCP](#) (great liver/gallbladder support)
2. [Allergy Research Ox Bile](#) (short term gallbladder support if you have a gallbladder, vary doses. If no gallbladder, take long term)