***The MAIN - 4*** are the most important supplements to help aid in reducing overall inflammation. These supplements should be the staple of all nutritional supplement programs.

***The MAIN - 4*** includes:

**1. Multivitamin** 

**2. Magnesium**

**3. Fish Oil**

**4. Vitamin D3**

Of course, SUPPLEMENTS are called "SUPPLEMENTS" for a reason. They are not called "REPLACEMENTS". The most effective way to reduce inflammation is by removing inflammatory foods from your diet. For a complete customized 16-week anti-inflammatory meal plan see:[***www.Main-Meals.com***](https://main-supplements.com/collections/www.Main-Meals.com)

**Magnesium**

It’s estimated that about 60-80% of adults are deficient in magnesium. Why is this an important stat? Because magnesium provides a host of benefits for the body and can help alleviate symptoms of various diseases and even lessen the risk of developing them.

When the body is deficient in magnesium, a plethora of issues can surface, including:

* Heart disease
* High blood pressure
* Kidney and liver damage
* Osteoporosis
* Alzheimer’s disease
* Worsened menstrual symptoms
* Behavioral disorders
* Insomnia
* Tooth decay
* Muscle weakness
* Migraines

**Multivitamin**

According to world famous biochemist and toxicologist Dr. Bruce Ames, PhD, ***“No matter how well you eat, take a multivitamin daily. It may just save your life.”***

According to Dr. Ames, vitamin and mineral deficiencies are the most serious cancer risks that many people face today. His research on nutritional deficiencies dates back decades, and his discoveries are nothing short of astounding.

Americans are certainly not short of food, but that doesn’t necessarily mean we are properly nourished.

Research has shown that adding a multivitamin supplement each day can not only decrease the risk of certain cancers, but also heart disease, among others.

**Omega-3 (Fish Oil)**

Omega-3 fatty acids are essential for good health and to reduce inflammation. Well, fish oil is loaded with omega-3’s, which is why you should be including it in your diet. Taking a fish oil supplement can top you up if the foods you’re eating aren’t giving you as much omega-3's as you require to be healthy.

Studies have also concluded that fish oil can help alleviate other medical conditions such as:

* Hypertension
* High cholesterol
* Stroke
* Diabetes
* Osteoporosis
* Asthma
* Depression
* Weight loss
* Bipolar disorder
* Schizophrenia
* Menstrual pain

In order to reap the rewards of fish oil, it is generally recommended to take 1 to 3 grams of this supplement per day. Keep mind that this does not refer to the total grams of oil, but rather the total grams of EPA and DHA.

**Vitamin D3**

***\*If you can only afford to purchase one supplement this is your buy!\****

Did you know that about 200 million Americans are deficient in this critical vitamin?

Perhaps it’s because it’s been ingrained in our brains that we should be avoiding sunlight in order to prevent the onset of skin cancer or premature aging.

Vitamin D deficiency is linked to:

* Fatigue
* Aches
* Pains
* And unfortunately other very serious diseases

Dr. Michael F. Holick, Ph.D., M.D. and Professor of Medicine, Physiology and Biophysics, at Boston University Medical Center suggests that the body needs between 2000 to 3000 IU of vitamin D each day from either dietary sources, sun exposure, and supplements.

Another respected expert Dr. Vieth firmly believes that there will be a dramatic jump in the incidence of disease specifically as a result of vitamin D deficiency, especially in people with darker skin.

* A growing number of studies have discovered that a deficiency in vitamin D is associated with an increased risk for heart disease because it is involved in regulating inflammation.
* Both types of diabetes may also be able to be prevented with adequate levels of vitamin D in the body. According to research, vitamin D can increase insulin sensitivity and decrease inflammation.
* The immune system can also be strengthened with adequate levels of vitamin D.
* Immune cells have receptors for vitamin D, which has been shown to prevent prolonged inflammatory responses.
* Vitamin D helps with reducing the effects of the common cold
* It also plays a role in  protection against the development of autoimmune conditions.