

MUST HAVES



ANIMA SANA IN CORPORE SANO

BY NATASHA CHALENKO

“A healthy soul in a healthy body” has been one of my favorite expressions since the Latin course in my medical school years. It signifies the lifestyle I practice — I believe in prevention rather than intervention, in ongoing maintenance rather than complete overhauls. Supplements have always been an essential part of my daily routine, in addition to the regular exercise, beauty rituals and nutrition choices. The wellness market has come a long way since the days when taking your daily vitamins was considered enough. Adaptogens, superfoods and nutricosmetics — today’s selection reflects access to global ingredients (exotic mushrooms, spices, berries and herbs), incorporates benefits of centuries-long food preparation techniques such as fermentation, and focuses on pure, organic components. My supplements pantry shelf has never looked more exciting. I constantly test and try — all powders and liquids must taste delicious dissolved in just water, the formulas must be backed by research and innovation, the packaging and product presentation must be convenient and stylish. Thinking outside the box is important. Some recent additions to my well-being arsenal include gem-charged water and solfeggio frequency stickers. I do recommend to read the labels and decide what is right for you, but here are a few of my longtime favorites and some new discoveries that are here to stay.



Add a spoon of Spirit Dust, an adaptogenic blend of uplifting superherbs and supermushrooms, into your morning latte for an extra pick-me-up. Moon Juice Spirit Dust, \$38; moonjuice.com



Each type of gem has unique energetic information that gets transferred from the vial to the water that surrounds it. VitaJuwel ViA Jubilee Ayurveda GemWater Bottle, \$182; vitajuwel.us



White peony root, poria fungus and tang kuei Root are some of the liver-soothing herbs in this reviving blend. Take it when you need more balance in your life. Vie Healing Kualie Happy Supplements, \$56; viehealing.com



This organic and wild-harvested tonic herbs-and-mushrooms formula is a great introduction to the adaptogenic world. Sun Potion Yin Power, \$115; sunpotion.com



This blend of matcha, moringa, spirulina, chlorella, probiotic and probiotic comes in travel-friendly single packs. Republic of Tea Organic Daily Greens Single Sips, \$19.99 for a canister of 14 packets; republicoftea.com



If you need a refreshing boost, mix this organic coconut-infused, bio-fermented, probiotic elixir into a glass of water. The Beauty Chef Hydration Inner Beauty Boost, \$50 for a 500 ml bottle; us.thebeautychef.com



Unlike other live bacteria supplements that require refrigeration, this room-temperature stable formula starts working only when it reaches your small intestine. The Nue Co Prebiotic + Probiotic Capsules, \$85; thenueco.com



“Collagen ingested not injected” is the motto behind Kalumi Beauty Bars. Slip these delectable lemon-flavored bars into your bag for an on-the-go beauty snack. Kalumi Lemon Love Marine Collagen Bars, \$51.21 for a box of 9 bars; kalumibeauty.com



This nutricosmetic formulation from the Australian company Grown Alchemist is packed with collagen, lysine, vitamin C. It also has the mouthwatering taste of an orange cream pop. Dermal Smoothing, \$165; grownalchemist.com



Boost your immunity and circulation with Perricone MD Travel Booster, a blend of 10 different types of organic mushrooms found in different parts of the world. Perricone MD Travel Booster, \$25; perriconemd.com



Each sticker is programmed with one of the solfeggio frequencies believed to have balancing effects on particular systems in the body. Body Vibes Beauty Stickers, \$60 for a pack of 10 stickers; shopbodyvibes.com



Drinking your beets is better than eating your beets. The nitric oxide in this formula helps during high-intensity workouts. HumanN SuperBeets Immune, \$41.95; humann.com