



My Supplements

Pumpkin Seed Oil Capsules

Summary: A nutrient-rich oil with zinc, omega-6s, and phytosterols, great for bladder and prostate health.

Benefits:

- Improves bladder control (especially at night)
- Supports prostate and urinary health
- May help with hair growth and skin hydration
- **When to Take:** 1 capsule **midday or evening**, with food.

Oregano Oil Capsules

Summary: A natural herbal antibiotic containing carvacrol and thymol, used short-term for gut and immune support.

Benefits:

- Fights bacteria, viruses, and parasites
- Supports digestion and candida control
- Aids in respiratory health
- **When to Take:** 1 capsule **midday, with food** (take for 2 weeks, then break for 1 week).

Natural Remedies & Benefits

Trish's Tried & True

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