

What Is Your Cycle Trying to Tell You?

Your Complete Supplement Companion Guide

A Warm Word Before You Begin 🧡

If you took the quiz and felt a little overwhelmed — or maybe a little relieved that there is finally a name for what you have been feeling — this guide is for you. Your body has not been failing you. It has been trying to get your attention.

You do not need to overhaul your whole life overnight. You do not need to buy every product on this page. You just need to start somewhere, with the one section of your cycle story that has been whispering the loudest.

Think of supplements like reinforcements for the system that looks the most tired right now. They do not replace food, sleep, sunlight, nervous system care, or deeper clinical work. But they can give your body some of the raw materials it has been missing and help the first layer of healing feel more possible.

A gentle guardrail: start with one section — your highest-scoring one. Give it 4–6 weeks. Introduce products one at a time, a few days apart, so your body can tell you what is helping. If you are pregnant, nursing, on prescription medications, or managing a medical condition, please work with a qualified practitioner before beginning.

How to Read This Guide

-  **Good** — a helpful foundational option; a very reasonable place to begin.
-  **Better** — more targeted support; adds meaningful clinical depth.
-  **Best-Fit** — the strongest NutriDyn option or combination for that specific pattern.

All products below are available through NutriDyn unless otherwise noted. NutriDyn product pages referenced here include Magnesium Glycinate, D3 5000 with K2, Omega Pure Complete, Dynamic Fiber, Hormone Balance, Estro Balance, Calcium D-Glucarate Plus, Berberine Pro, and Gluco IR.

Visit the NutriDyn profile to create an account and order products. Secoya Health's practitioner code is **102828**. Enter this when creating your patient account.

The Fire Phase

Inflammation & Prostaglandin Excess

This is the pattern that often shows up as cramps, clotting, low back pain, headaches, body aches, and periods that feel like your whole system is bracing for impact. The cycle quiz framework ties this pattern to inflammatory prostaglandins, systemic inflammation, food triggers, and stress load.

Rating	Product	Why it fits	How to use
✓ Good	Magnesium Glycinate	Provides 260 mg magnesium from highly bioavailable chelated forms and supports muscle function, relaxation, and healthy blood sugar metabolism — a strong foundational fit when cramping, tension, and irritability are central.	Use as directed on the current label.
✓✓ Better	Omega Pure Complete	A full-spectrum omega-3 fish oil with EPA, DHA, DPA, and naturally occurring vitamins A and D. NutriDyn states it supports healthy inflammatory markers, making it a strong next step for pain-heavy and inflammatory cycle patterns.	Use as directed on the current label.
✓✓✓ Best-Fit	Omega Pure Complete + Magnesium Glycinate	This pairing addresses both the inflammatory side and the muscular-tension side of painful cycles. It is the cleanest NutriDyn combination for women whose periods feel loud, cramped, and inflammatory.	Use both as directed on their labels.

Simplest starter stack: Magnesium Glycinate + Omega Pure Complete.

Tender tip: If your pain spikes around stressful seasons, do not overlook the nervous system piece. A body under pressure often makes a louder period.



The Clearing Phase

Estrogen, Gut & Liver Support

This is the pattern behind many bloating, breast tenderness, heavy-flow, constipation, and “everything piles up before my period” stories. The cycle materials connect this pattern to the estrobolome, bowel regularity, estrogen recirculation, and impaired clearance through the gut and liver.

Rating	Product	Why it fits	How to use
✓ Good	Dynamic Fiber	NutriDyn describes this formula as a blend of prebiotic and soluble fibers that supports digestive health, intestinal function, weight management, and healthy blood glucose levels already in the normal range. It is the best foundational first step when hormones need help leaving the body cleanly.	1 scoop in 8 oz of water or juice daily.
✓✓ Better	Calcium D-Glucarate Plus	A more targeted next layer for women whose symptom picture suggests that hormones are being reabsorbed instead of escorted out. It is a natural fit for estrogen-clearance support within the Women’s Health line.	Use as directed on the current label.
✓✓✓ Best-Fit	Dynamic Fiber + Calcium D-Glucarate Plus +	Dynamic Fiber helps carry things out, Calcium D-Glucarate Plus supports cleaner hormone clearance, and Estro Balance supports healthy estrogen metabolism with DIM	Use each product as directed on its

Estro Balance Complex, BioFolate, and HMRLignan. Together, this is the strongest verified NutriDyn stack for estrogen-congestion patterns. current label.

Simplest starter stack: Dynamic Fiber + Calcium D-Glucarate Plus.

Practical note: If you are not having regular, satisfying bowel movements, start there first. Hormone clearance is much harder when the exit doors are sluggish.

The Stability Phase

Blood Sugar & Hormone Balance

This is the pattern where cravings, crashes, irritability, afternoon fatigue, mood swings, and hormonal chaos may be riding on top of unstable blood sugar. The cycle source materials explicitly link blood sugar dysregulation and insulin excess with worse hormonal imbalance and inflammatory symptoms.

Rating	Product	Why it fits	How to use
✓ Good	Dynamic Fiber	Dynamic Fiber supports healthy blood glucose levels already in the normal range and can be a very gentle first step for women whose cycle symptoms worsen when meals are inconsistent or fiber intake is low.	1 scoop in 8 oz of water or juice daily.
✓✓ Better	Berberine Pro	NutriDyn states that Berberine Pro combines 500 mg berberine HCl with organic cinnamon bark extract for healthy glucose metabolism, cardiovascular wellness, and weight management support. It is a stronger metabolic step when cravings and crashes are more pronounced.	Use as directed on the current label.
✓✓✓ Best-Fit	Gluco IR	Gluco IR now features GlucoVantage, a more bioavailable form of berberine, and is designed to provide more advanced support for maintaining healthy blood glucose levels. This is the strongest single-product NutriDyn option verified for a more intense blood-sugar-driven cycle picture.	Use as directed on the current label.

Simplest starter stack: Dynamic Fiber → graduate to Berberine Pro or Gluco IR when you want more targeted support.

Gentle reminder: Stable hormones are much easier to build on top of stable meals. Protein at meals is still one of the highest-leverage interventions in this whole guide.

The Resilience Phase

Stress, Sleep & Progesterone Support

This is the pattern where the nervous system feels overworked, sleep is not fully restorative, and the

second half of the cycle can feel emotionally or physically heavier. The cycle materials describe cortisol dysregulation, chronic stress, and poor sleep as major drivers of worsened PMS and progesterone vulnerability.

Rating	Product	Why it fits	How to use
✓ Good	Magnesium Glycinate	NutriDyn positions this product for muscle relaxation and healthy nervous system support, which makes it the most natural foundational fit when the body feels tense, tired, and stuck in high alert.	Use as directed on the current label.
✓✓ Better	D3 5000 with K2	This formula provides 5,000 IU vitamin D3 with vitamin K1 and MK-7. It is a helpful second layer when the stress picture overlaps with deeper depletion and broader foundational support needs.	Use as directed on the current label.
✓✓✓ Best-Fit	Magnesium Glycinate + D3 5000 with K2	This pairing gives a simple, grounded foundation for women whose symptoms say “my body needs recovery.” It supports relaxation, replenishment, and basic resilience without overcomplicating the plan.	Use both as directed on their labels.

Simplest starter stack: Magnesium Glycinate at night + D3 5000 with K2 daily.

Tender tip: When this section scores highest, supplements matter — but sleep is still medicine.



The Nourishment Phase

Nutrients & Hormone Building Blocks

This is the pattern that often feels like depletion more than drama. The body may be asking for minerals, omega-3 fats, vitamin D, and steady nourishment so it can build calmer hormones, steadier moods, and more resilient energy. The cycle source materials repeatedly emphasize magnesium, vitamin D, B vitamins, zinc, and omega-3s as foundational.

Rating	Product	Why it fits	How to use
✓ Good	D3 5000 with K2	A simple foundational product for women who likely need broader nutrient repletion. NutriDyn confirms this formula provides vitamin D3 plus vitamin K1 and MK-7 support.	Use as directed on the current label.
✓✓ Better	Magnesium Glycinate	More symptom-relevant when depletion shows up as cramping, headaches, poor sleep, tension, irritability, or a “tired but wired” nervous system.	Use as directed on the current label.
✓✓✓ Best-Fit	Magnesium Glycinate + D3 5000 with K2 +	This trio covers three of the biggest nutrient themes in the cycle materials: minerals, vitamin D, and omega-3	Use each product as

Omega Pure
Complete

fats. It is the best NutriDyn-based “rebuild the body” stack for women who feel run down and under-resourced.

directed on its
current label.

Simplest starter stack: Magnesium Glycinate + D3 5000 with K2.

Hopeful reframe: You may not be broken. You may simply be undernourished in the exact materials your body has been trying to run on.

The Rhythm Phase

Whole-Cycle Disruption & Hormonal Misdirection

This is the pattern for women who feel like the whole rhythm is off — irregular, confusing, unpredictable, or repeatedly dismissed despite “normal” testing. The cycle presentation frames this as the woman who does not need more suppression; she needs a clearer map and more intelligent support.

Rating	Product	Why it fits	How to use
✓ Good	D3 5000 with K2	A reasonable foundational starting point while the bigger picture is being clarified, especially when the goal is to support the body without guessing too aggressively.	Use as directed on the current label.
✓✓ Better	Hormone Balance	NutriDyn describes Hormone Balance as a comprehensive blend of evidence-based ingredients that support healthy estrogen balance and endocrine function, making it the clearest single-product fit for broader hormonal rhythm support.	Use as directed on the current label.
✓✓✓ Best-Fit	Hormone Balance + Estro Balance	Hormone Balance supports the broader endocrine picture, while Estro Balance adds targeted estrogen-metabolism support. This is the strongest verified NutriDyn pairing for women whose entire cycle feels dysregulated rather than tied to one isolated symptom cluster.	Use each product as directed on its current label.

Simplest starter stack: Hormone Balance → add Estro Balance when the picture looks more clearly estrogen-driven.

Practical note: When this section scores highest, the smartest next move is often not more products — it is better tracking, better timing, and better testing.

The “If I Could Only Afford Three Things” Starter Stack

If budget is tight and the goal is to support the broadest number of women with the fewest products, this is the strongest cycle-oriented trio built from the verified NutriDyn options in this guide:

- **Magnesium Glycinate** — supports relaxation, muscle comfort, nervous system steadiness, and

foundational resilience.

- **Omega Pure Complete** — supports healthy inflammatory balance and gives the body the omega-3 fats many women are missing.
- **Dynamic Fiber** — helps the body actually move things out and supports both digestive and blood sugar stability.

This trio covers calm, inflammation, and elimination — three pillars under a very large percentage of cycle stories.

A Final, Honest Word

Supplements are helpers. They are not heroes. The deepest healing still happens in your kitchen, your sleep routine, your nervous system, your relationships, your light exposure, your stress load, and your daily choices.

But when a pathway is truly under-supported, giving it the raw materials it has been missing can feel like finally turning the lights on in a room that has been dim for a very long time. You deserve that kind of support.

Start with the section that scored highest. Start simply. Start gently. One bottle. One small act of self-trust. That is more than enough to begin.

This guide is for educational purposes only and is not a substitute for personalized medical care. Product availability, formulations, and dosing guidance may change, so always confirm the current product label. If you are pregnant, nursing, on prescription medications, or managing a medical condition, please consult your qualified practitioner before beginning any supplement.