LIVE MORE LIFESTYLE CLINIC · PHUKET

Vitamins & Minerals

The small nutrients that power your whole body

Presented by Dr Deepali Kapahi Jones, Founder

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Live More

A licensed lifestyle medical clinic in Cherngtalay, Phuket, led by founder Dr Deepali Kapahi Jones.

We focus on helping you feel, perform and age better: diagnostics, IV therapies, peptides, anti-aging and personalised supplements.

Dr Deepali brings more than a decade of international healthcare experience, from Dubai to Thailand.

Why vitamins & minerals matter

13

essential vitamins, plus key minerals, that your body cannot make enough of on its own

They must come from what you eat, drink and absorb every day.

Energy
B vitamins, iron and magnesium turn food into fuel

Immunity
Vitamins C and D, zinc and selenium help fight infection

Bones & muscles
Calcium, vitamin D, K2 and magnesium keep them strong

Brain & mood
B12, folate and magnesium support focus, sleep and mood

Skin & hair
Vitamin C, zinc and biotin support repair and collagen

Heart & nerves
Potassium, magnesium and B vitamins keep signals steady

What deficiency can do to your body

Signs are often subtle and easy to blame on stress, age or a busy life

Low Vitamin D

Fatigue, low mood, weak bones, frequent colds

Low Vitamin B12

Tiredness, tingling hands and feet, poor memory

Low Iron

Anaemia, breathlessness, pale skin, hair loss

Low Magnesium

Muscle cramps, poor sleep, anxiety, headaches

Low Zinc

Slow wound healing, low immunity, loss of taste

Low Vitamin C

Bleeding gums, easy bruising, slow recovery

How to tell if you have an imbalance

Measure, don't guess! The only real way to tell is to test for imbalances, at least once in your life.



Micronutrient Lab Test

Once or twice in your life

- Full profile of 22 vitamins and minerals
- Take the guesswork out of what needs balancing
- Only needs to be done a few times in your life



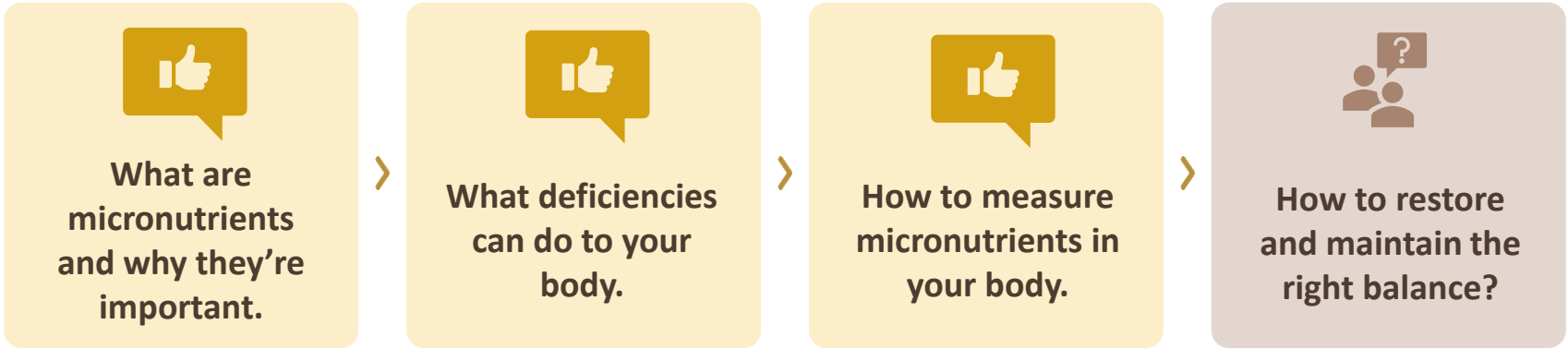
Oligoscan / Heavy Metal

Analysis of heavy metals in the body
(not Metallica!)

- Low absorption is very commonly linked to heavy metal imbalance in your body
- Quick test with near instant results
- Completes the story with the micronutrient test for planning the rebalance

That’s great, but now what?

So you know what a micronutrient is, why they’re important, and now have a test or two to show levels in your body. The next obvious questions “What do I do with this information?”



Food first: what to eat

Before you tell your AI about the results and ask for a plan, talk to an accredited nutritionist. *Seriously.*

Nutrient	Best food sources
Vitamin C	Guava, citrus, papaya, bell peppers, broccoli
Vitamin D	Oily fish, egg yolks, plus safe daily sunlight
B12	Fish, meat, eggs, dairy
Iron	Red meat, lentils, spinach (pair with vitamin C)
Magnesium	Nuts, seeds, leafy greens, dark chocolate
Zinc	Seafood, pumpkin seeds, beans, chickpeas
Calcium	Dairy, tofu, small fish with bones, sesame



Eat the rainbow

- Different colours bring different nutrients
- Choose whole foods over processed
- Get 10 to 20 minutes of morning sun

When food isn't enough

The hidden and often unknown factor: **absorption rate**, or how much of what you eat makes it past your stomach and can be used by the body. Stress, ageing, gut issues, heavy metals, alcohol, intense training, travel, plant-based diets and some medications can all raise your needs or reduce absorption / bioavailability.



Oral supplements

Daily maintenance

- Easy and convenient to take at home
- Good for steady, long-term support
- Absorbed through the gut, so results vary with digestion
- Personalized multivitamins are great, but individual vitamins are also fine.
- Avoid generic ‘Multivitamins’ and take only what you need.



IV therapy

Fast, targeted top-up

- Goes straight into the bloodstream, bypassing digestion
- Full absorption; some doses (like high-dose vitamin C) aren't possible orally
- Felt quickly: energy, hydration, recovery
- Excellent for getting back to baseline
- Chelation if there are heavy metals to remove

In summary: Why personalised beats one-size-fits-all

Generic multivitamins guess. AI can mislead you on nutrition without the whole picture. Your age, lifestyle, diet, genetics and **blood results** tell us exactly what you need, and what you don't.



1

Test

Blood tests and diagnostics show your real levels



2

Consult

A doctor and nutritionist reviews results, lifestyle and goals



3

Personalise

Diet, Supplements and IVs planned for you



4

Re-test

Track progress and adjust over time

No wasted pills

No overdosing

Faster, measurable results

How Live More can help you

SOME OF OUR IV THERAPIES

Feel Better IV
Myer's Cocktail: magnesium, calcium, B-complex, vitamin C

High-Dose Vitamin C
Immunity, recovery and skin glow

NAD+ IV
Cellular energy and healthy ageing

Recovery IV
Jet lag, travel and training recovery

Party More IV
Rehydrate, rebalance and bounce back

Everything we do, including the science behind it, can be found on our website: https://livemore.health

Diagnostics
Blood tests to find your gaps

Personalised supplements
Made for your results and goals

Doctor-led care
Assessment before every treatment

Book your consultation
livemore.health · Open daily 8:30am to 4pm

Pasak Soi 8, Cherngtalay, Phuket · Educational content only; treatment follows a medical assessment.