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The Family Travel Wellness Kit

Traveling throws your body off in ways most people don't think about until they're already sick on day two of their trip. After years of **testing what actually works** for my own family, I stopped reaching for the generic drugstore options and started building a kit I could actually trust. These supplements are what I personally pack every time we travel, whether that's a solo trip, a weekend getaway, or a full family vacation. Not the basics you'll find at every airport pharmacy. The specific, functional picks that have made a real difference for us. No sponsorships, no affiliate links. These are honest recommendations from someone who has **done the research and lived the results**.

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#1. Activated Charcoal

Supplement Facts

Serving Size 2 Capsules

Servings per Container 50

Amount per 2 Capsules

% DV

Charcoal

560 mg **

**Daily Value (DV) not established.

Other ingredients: gelatin (capsule)

Caution: Not to be taken at the same time as medications or other dietary supplements. If pregnant or nursing, consult your healthcare professional prior to use. This product is not intended as a treatment for accidental poisoning.

Recommendation: Take as recommended by your healthcare professional.



Eating in unfamiliar places means your **gut** is taking on **bacteria, toxins, and food your body isn't used to.**

Activated charcoal binds to the source before your body absorbs it and carries it out. Not something that masks symptoms, something that actually intercepts them.

Who it's for: Adults and kids

How I use it: At the first sign of diarrhea, nausea, or stomach upset, and as a precaution after a meal I wasn't sure about.

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#2. Restor Flora

SUPPLEMENT FACTS	
Serving Size 1 Capsule Servings Per Container 60	
Amount Per Serving	% Daily Value
Probiotic Blend	370 mg 8 billion CFU †
<i>Saccharomyces cerevisiae</i> <i>var boulardii</i>	250 mg †
<i>Bacillus clausii</i> (SC-109)	100 mg †
<i>Bacillus subtilis</i> , HU58™	10 mg †
<i>Bacillus coagulans</i> (SC208)	10 mg †
† Daily values not established.	

Travel means **eating outside your routine**, and your gut microbiome feels every bit of it. RestorFlora is a spore-based probiotic that actually **survives the journey** through your digestive tract and gets to **work where it needs to**. Not your average grocery store probiotic. A clinical-grade strain that **rebuilds and protects your gut** environment while you're on the road.

Who it's for: Adults and kids

How I use it: Daily throughout the trip, starting a few days before departure.

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#3. Magnesium

Supplement Facts		
Serving Size 1 Capsule		
Amount per Capsule		% DV
Magnesium (as citrate, oxide, Krebs cycle acid complex, and malate)	300 mg	71%
Daily Value (DV).		
Other ingredients: hydroxypropyl methylcellulose (vegetable capsule), cellulose, magnesium stearate		
Recommendation: Take 1 capsule once or twice daily, or as recommended by your healthcare professional.		
If you are pregnant, nursing, or taking prescription drugs, consult your healthcare professional prior to use.		



Flying across time zones, sleeping in unfamiliar beds, and the general stress of travel all **deplete magnesium fast**. Most people are already low before they even leave home. This is a blend of **three highly bioavailable forms** that your body can actually absorb and use, supporting muscle relaxation, better sleep, and nervous system calm when you need it most.

Who it's for: Adults

How I use it: Every evening throughout the trip, especially after long flights or disrupted sleep.

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#4. Magnesium

(that's right, more magnesium)



Supplement Facts

Serving Size: 4 Capsules

Servings Per Container: 30

	Amount Per Serving	% DV
Magnesium (from ozonated magnesium oxides)	1400 mg	350%
Natural Citric Acid (from tapioca)	90 mg	*

* Daily Value (DV) not established.

Other Ingredients: vegetable capsule (cellulose), organic gum acacia

Long flights, disrupted routines, and eating outside your normal diet can bring **digestion to a halt**. Bloating, discomfort, and not being able to go are some of the most common travel complaints and also the most miserable. Oxy-Powder uses **ozonated magnesium** to gently soften and release what's backed up, without the harsh cramping that comes with conventional laxatives.

Who it's for: Adults

How I use it: When bloating hits or digestion stalls during a trip, taken at night on an empty stomach.

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#5. Throat Spray

Crowded tourist spots are some of the **highest exposure environments** your immune system will ever encounter. Biocidin throat spray is what I reach for before boarding and throughout the trip because it works both ways. As a **daily preventative shield** against what you're being exposed to, and as early intervention the moment you feel something coming on. Broad spectrum botanical support that addresses viruses, bacteria, and more, right at the point of entry.



Who it's for: Adults and kids

How I use it: A few sprays before and after flights as a preventative, and at the first sign of a scratchy throat or oncoming illness.

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#6. Nose Spray



Recirculated cabin air is one of the fastest ways to pick up something while traveling. Your sinuses are the **first line of defense** and they need support too. Argentyn 23 uses professional strength **bio-active silver** to keep your nasal passages clear and protected, both before exposure hits and once symptoms are already there. A simple spray that does a lot of work quietly in the background.

Who it's for: Adults and kids

How I use it: A few sprays in each nostril before and during flights as a preventative, and more frequently at the first sign of sinus congestion or pressure.

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#7. Glutathione

Glutathione is your body's **master antioxidant** and the cleanup crew your cells rely on to neutralize toxins, fuel immune function, and repair cellular damage. The problem is it depletes fast under stress, poor sleep, and disrupted eating. All things travel brings in abundance. What makes this formula different is the **sub-nano delivery technology** that absorbs directly through the skin into your cells, bypassing the breakdown that makes most oral forms ineffective. *And for those evenings when vacation calls for a glass of wine or two, glutathione is also your best friend for **hangover recovery**, helping your liver neutralize the toxic byproducts of alcohol faster and more efficiently.*



Who it's for: Adults and kids

How I use it: Applied daily throughout the trip to keep immunity and detox support running in the background

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#8. Neosporin

The one everyone already has in their medicine cabinet but rarely thinks to pack. Neosporin is an obvious go-to for cuts, scrapes, and minor wounds on the road, but its uses go further than most people realize. A thin layer inside each nostril before a flight or crowded event creates a **physical barrier** against airborne pathogens, trapping what you're breathing in before it takes hold.



Who it's for: Adults and kids

How I use it: On any minor skin wounds to prevent infection, and a small amount inside the nostrils before flights or large gatherings as a protective barrier.

#9. Ginger Capsules

Traditional Dramamine works by sedating your nervous system to block the nausea signal, which is why it leaves you drowsy and foggy. The ginger version works completely differently. **Ginger's natural compounds calm the digestive tract at the gut level** without any antihistamine, so you feel better without feeling out of it. Gentle, effective, and safe enough for the whole family.



Who it's for: Adults and kids

How I use it: Take at the first sign of nausea or before a ride or activity that might trigger motion sickness.

A Final Note

Everything in this guide is a **personal recommendation** based on my own experience traveling with my family. These are products I **buy, pack, and trust**, not sponsored picks or affiliate suggestions.

Every body is different, and your travel wellness kit should reflect your specific needs, health history, and goals. Some of these may be exactly right for you. Others may need to be swapped, adjusted, or skipped entirely based on **where you are in your health journey**.

If you want a kit that is truly **built around your body**, I would love to help with that.

Book a free discovery call at **dietitianforall.com**
or find me on Instagram @dietitianforall

If you are ordering any of these products online, please do your due diligence. Purchase from reputable retailers and verified sellers to ensure you are getting the real thing. Your health is worth the extra check. And if you would like to skip the search altogether, I carry these products and can order them for you directly. Just reach out at info@dietitianforall.com.

Wishing you safe, healthy, and happy travels!

Inessa

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