



\* Ideal: Fruits and veggies; potatoes; n3 beef, fish, chicken & eggs; herbs/spices; organic olive oil, butter (ghee), coconut oil; nuts; dark choc; lots of water; green tea; red wine; stout beer

## General supplemental guidelines

(Not rules; pts are individuals)

1. Multiple	2-3 per day		
2. Magnesium	400-1000 mg/day		
3. Calcium	1:1 Cal:Mag		
4. EPA/DHA	1-3 grams per day		
5. CoQ10	≥100 mg/d		
6. GLA	200mg-500mg/d		
7. ALA	2 gr/d		
8. Vitamin D	*1000-10,000 IU	20. Gluc Sulfate	1500 mg/d
9. Lipoic Acid	200 mg bid	21. Chond Sulfate	1200 mg/d
10. Acetyl-L-carnitine	500 mg bid	22. MSM	2-8 gr/d
11. Ginger	2-6 gr/d (*extract)	23. Vitamin C	500-1000 mg/d
12. Turmeric	1-2 g/d (*extract)	24. Vitamin E	400-800 IU/d
13. Garlic	1 g/d (5 mg allicin)	25. Citrus Bioflavonoids	2000 mg/d
14. Prot Enzymes	**2-4 7dow	26. Proantho/GT extract	1-2 caps/d
15. Bacteria	1-2 w/meals	27. Cayenne	300-600 mg/d
16. Fiber	≥ 10-15 gr/d	28. Gingko	120 mg/d
17. Digest enzymes	1-2 w/meals	29. Ginseng	200 mg tid **
18. Glutamine	4-8 g/d	30. Saw Palmetto	160 mg bid
19. MCH-Cal (Hyd Ap)	1000 mg	31. Valerian root	150-300 mg/b bed