

## Supplements that can be helpful;

- a. Methionine; 200 mg 3-4 times/d, helps detoxification, increase Glutathione levels, helps methylation, gut health, immune system, anti-inflammatory, heart, cells, joints, fertility, gene regulation (which is often altered in CIRS).
- b. CoQ10; 100 mg 1-4 times/d, helps heart, migraine, diabetes, aging, infertility, exercise tolerance.
- c. B Complex;

Vitamin	Women	Men
B1 (Thiamine)	1.1 mg	1.2 mg
B2 (Riboflavin)	1.1 mg	1.3 mg
B3 (Niacin)	14 mg	16 mg
B5 (Pantothenic acid)	5 mg	5 mg (AI)
B6 (Pyridoxine)	1.3 mg	1.3 mg
B7 (Biotin)	30 mcg (AI)	30 mcg (AI)
B9 (Folate)	400 mcg	400 mcg
B12 (Cobalamin)	2.4 mcg	2.4 mcg

- d. Minerals;
- e. Resveratrol; 500 mg/d prevention of heart disease/ASCVD, cancer prevention, Alzheimer's, Diabetes, Acne, Allergies, Lung disease, Metabolic Syndrome, Fatty Liver, PCOS, IBD.
- f. 6-Methyl cobalamin (B12); or preferably Hydroxycobalamin as a 5:2 ratio of B9 (Vinitzky Protocol, see article in AppWell.net Library Re; Methylation Priority Principle, Nitric Acid & MORS; B12 hydroxycobalamin 2 mg with 5 mg/drop Folate).
- g. 5-Methyl Folate (B9); (above).
- h. SAME; 1600 mg/d in divided doses; Osteoarthritis, HIV Neuropathy, Cirrhosis, Depression, Fibromyalgia, Biliary blockage, Sexual dysfunction, EtOH Cirrhosis, ADD/ADHD, IBS, Gilbert syndrome Hepatitis, Hot flashes, Schizophrenia, Anxiety, Heart disease, Chronic fatigue syndrome, MS, Chronic pain, PMS, Seizures, Migraine.
- i. L-Arginine; 6-30 gm/d divided as three times/d, Nitric oxide precursor for antiatherogenic, anti-ischemic, antiplatelet, and antithrombotic properties, Angina, CHF, ED, BP, Kidney function, Immune system support, Growth Hormone precursor, increase muscle mass/exercise tolerance.
- j. Vitamin C; (to bowel tolerance, must be taken several times/d, to much loosens bowels), anti-inflammatory, immune support, cancer prevention, atherosclerosis, arthritis, iron absorption, macular degeneration, chronic pain, gout, hypertension, high cholesterol, connective tissue & bone support & healing, nerve damage.
- k. Astragalus; 2-6 gm/d Diabetic nephropathy, Nephrotic syndrome, Myocarditis, Immune system support, Adaptogen, sexual health, diabetes.
- l. Curcumin & Turmeric; 500 mg Curcumin 3 times/d; anti-inflammatory, antioxidant, anticancer, inhibition of proliferation & apoptosis, inhibition of tumor invasion &

angiogenesis, neuroprotective, diabetes, cognitive decline, Alzheimer's, Depression, PMS.

- m. Niacin & Niacinamide (B3); 16 mg/d minimum, flushing/itching is relieved with concurrent high-dose vitamin C, higher doses lower lipids (triglycerides>cholesterol), increase HDL (good) cholesterol, arthritis/inflammation, high doses of extended release formulations can cause liver inflammation.
- n. Betaine (trimethylglycine); 3-6 gm/d; supports liver/detoxification, aid digestion, reduces heart disease, improves physical performance & body composition
- o. Green Tea; boost metabolism, improves efficiency of energy utilization, caffeine, prevent cell damage, anti-inflammatory, anti-cancer (breast, prostate, colon), polyphenols that neutralize free radicals, brain function, boosts brain GABA levels, increases fat burning/wt loss, reduce risk of Alzheimer's & Parkinson's, kills bacteria, lowers diabetes risk, possible life-extension.
- p. Molybdenum chelate; 120-210 mcg/d; esophageal cancer, liver disease, HIV/AIDS, Yeast infections, Lyme Disease, Sulfite sensitivity, Chemical Sensitivity, Allergies, Asthma, Cane, Gout, Cancer, Insomnia, Eczema, Bell's Palsy, MS, Lupus.
- q. Pyridoxine AKG (B6); Cirrhosis - 50 mg/d, Hemodialysis - 5-50 mg/d, Peritoneal dialysis - 2.5-5 mg/d, Chronic renal failure - 2.5-5 mg/d, Sideroblastic anemia - 50-600 mg/d, Pyridoxine-dependent seizures - 100 mg/d, Homocystinuria - 100-500 mg/d, Homocystinemia - 100-500 mg/d, *Gyromitra* poisoning - 25 mg/kg IV
- r. Magnesium Malate; up to 2400 mg/d (divided doses) helps fibromyalgia pain, cellular energy production, aluminum detox/chelation, magnesium promotes bowel motility
- s. Biotin (B7); 30 mcg/d; Coenzyme helps hepatitis, brittle nails, neuropathy, cell metabolism, digestion, kidney failure, insulin resistance & diabetes, depression
- t. N-Acetyl Cysteine (NAC); Unstable angina, Fibrosing alveolitis, stroke & heart attack prevention 600 mg three times/d, COPD 600 mg/d, trichotillomania 1200-2400 mg/d in divided doses