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| **Suggested supplements** | | | **Name** | | | **Date** | | |
| Vitamin D3 5000-10,000 IU a day | AM  PM  Either | 15-20 mins. of sun 40% of body exposed | SAM-e 400 mg a day | AM | Foods high in Methionine | Amino Acid Supplement  (Essential) powder  or  Protein Powder | AM  PM  Either | Foods |
| B- Complex 25-100 mg a day | AM | Foods | 5 HTP 100-300 mg a day | AM  PM  Either | Foods high in Tryptophan | L--‐Arginine (1--‐3 grams) a day | AM  PM  Either | Foods |
| B-12 1000 mcg a day | AM | Foods | Magnesium--‐threonate/maleate/glycinate  (400--‐1000 mg) a day | AM  PM  Either | Foods | Probiotics with or and Digestive enzymes \*DDS-1 a day | AM  PM  Either | Foods |
| B-9 400-800 mcg a day | AM | Foods | Calcium (500--‐1200 mg) a day | PM | Foods | Alpha--‐Lipoic Acid (ALA)  (600 mg) | AM  PM  Either | Foods |
| B-6 50 mg a day | AM | Foods | Zinc (10--‐30mg) a day | AM | Foods | GABA (500--‐1500mg) | AM  PM  Either | Foods |
| Vitamin C ascorbate or natural tabs (500 mg--‐5g) a day | AM | Foods | Chromium  (500--‐1000 mcg) a day | AM | Foods | L--‐Theanine (200-‐400mg) | AM  PM  Either | Foods |
| Vitamin E (100--‐400 IU) a day | AM | Foods | Melatonin (300 mcg--‐3  mg) a day | PM | Foods high in Tryptophan | Acetyl L--‐Carnitine  (500--‐2000mg) | AM | Foods |
| CoQ10 Ubiquinol (100--‐300 mg) a day | AM | Foods | Omega--‐3 (1--‐2 grams)  **Krill** a day | AM  PM  Either | Foods | Low Carb/Ketogenic Diet |  |  |
| Astaxanthin  (4--‐8mg) | AM  PM  Either |  |