J Depew, March 31, 2020 - list of supplements/medication that I take.

Autoimmune support and genetic metabolic differences guide some of my choices, some are age related.

OTC medication

Loratadine - 10 mg - anti-histamine, I may produce excess histamine - an anti-allergen OTC

B vitamins

Vitamin B1 - 300 mg *I take individual vitamins & minerals because I need to avoid a few
Vitamin B2 - 100 mg things commonly used in multivitamins for genetic metabolic alleles.
Niacinamide (Vit B3) - 500 mg
Pantothenic Acid (Vit B5) - 500 mg
Vitamin B6 - 250 mg * I take one B6 am & one P5P
Pyridoxal 5'-Phosphate - 100 mg (a more bioactive form of B6) * in the evening -for pyroluria
Methyl Folate - 400 mcg
Methyl B12 - 2500 mcg
Choline - 250 mg
Inositol - 1000 mg or 500 mg

Other Vitamins

Vitamin C - 100 mg
Vit K-2 - 50 mcg or 100 mcg

Minerals

Magnesium glycinate - 400 mg or mixed Magnesium - 500 mg
Calcium citrate - 250 mg
Selenium - 200 mcg with 20 mg Vitamin E
Chromium picolinate - 500 mcg
Boron - 3 mg
Zinc - 50 mg

*this is a high dose/megadose of zinc for pyroluria - thought genetic problem with an enzyme that normally recycles zinc & B6 during breakdown of hemoglobin, without the enzyme excessive amounts of zinc & B6 can be lost in urinary excretion.

Antioxidants

CoQ10 - 100 mg
Quercetin - 500 mg
Vinpocetine - 10 mg

Herbal

St. John's Wort - 1050 mg or 300 mg standardized extract - or 5HTP, as a serotonin precursor
Artemisinin - 200 mg, twice a day

Licorice Root - 450 mg
Black Cohosh - 540 mg
Dong Quai, Angelica s. - 250 mg
Feverfew - 380 mg
Astragalus Root - 470 mg
Milk Thistle - 1300 mg
Gingko biloba - 60 mg
Nettle - 450 mg
Juniper - 450 mg
Valerian Root - 500 mg

- the herbs I take varies somewhat based on what I find available, or is on clearance sale, or if I recently stocked up, versus had run out of some of my regulars.

Leg Veins Support Blend - Vit C - 30 mg, Horsechestnut Seed Extract - 300 mg, Butcher's Broom root - 150 mg, Cayenne pepper root - 150 mg, Dandelion - 150 mg, Prickly Ash Bark - 50 mg, Grape Seed Extract - 37 mg

Hormone

DHEA - 25 mg - may benefit muscle formation for people over age 35.

Joint support

Glucosamine Sulfate - 1000 mg
MSM - methylsulfonylmethane - 1000 mg