

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 - the herbs I take varies somewhat based on what  
Feverfew - 380 mg I find available, or is on clearance sale, or if I recently  
Astragalus Root - 470 mg stocked up, versus had run out of some of my regulars.  
Milk Thistle - 1300 mg  
Ginkgo biloba - 60 mg  
Nettle - 450 mg  
Juniper - 450 mg  
Valerian Root - 500 mg  
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