

Compilation & Summary of the Key Tests & Interventions for ReCODE + a few additional protocols

SOURCING SUPPLEMENTS

GROUP	SUPPLEMENT	CATEGORY	OTHER NAME	DOSE	SOURCE / NOTES / \$ / day	DESCRIPTION
ORANGE	Acetyl L-carnitine	GENETICS	Acetyl L-carnitine	Acetyl L-carnitine @ 1000 - 2000 mg / day	\$0.14	Acetyl-L-Carnitine supports biosynthesis of Acetylcholine which is a key neurotransmitter for brain and nerve function. NOT PER RECODE (Recommended by other sources)
	ALCAR @ (ACETYL-L-CARNITINE)	ALCAR @ (ACETYL-L-CARNITINE)	Supplement	500 mg @ 2 x / day ea.	\$0.00	Several studies show improvements or slower declines in mental ability in people with Alzheimer's disease who took ALC. Inc. nerve growth factor; important in T2AZDHigh blood sugar. Research shows that people with prediabetes had some improvement in their blood sugar levels after taking ALC for 2 months.
BLUE	ALPHA LIPOIC ACID	INSULIN RESISTANCE	ALPHA LIPOIC ACID	60-100 mg / day	\$0.05	ANTIOXIDANT
	ALPHA LIPOIC ACID	DETOX	Cu:Zn RATIO: THERAPY TO LOWER RATIO	60-100 mg / day	\$0.00	Alpha - lipoic acid 30mg - 60mg / day (prevents oxidative damage from increased Cu)
	ALPHA-LIPOIC ACID	ALPHA-LIPOIC ACID	ALPHA-LIPOIC ACID	60-100 mg / day	\$0.00	If fasting insulin >4.5, or fasting glucose >90, or HbA1C > 5.5Also consider: If Zn < 100 or Cu/Zn ratio>1.3
PURPLE	ASHWAGANDHA	ASHWAGANDHA	ASHWAGANDHA	2 X PER DAY TAKE 500 MG	\$0.00	Reduces Aβ (amyloid beta)Support synaptic function
RED	B1	Thiamine (B1)	Benfotiamine	Benfotiamine 50 - 150 mg / day	\$0.15	Benfotiamine (S-benzoylthiamine O-monophosphate) is a synthetic derivative of thiamine (vitamin B1) that has been shown in studies to be far more bioavailable than actual thiamine. Benfotiamine taken orally is readily absorbed at higher doses, in sharp contrast to regular watersoluble forms of thiamine that exhibit a rapid decline in absorption when taken in doses above 5 mg.
	B1	VIT B ₁	Thiamine	50 mg / Day	\$0.00	memory formation; B1 depleting foods can cause drop: tea, coffee, alcohol, raw fish; alcohol abuse & malnutrition assoc. memory loss; Wernicke-Korsakoff SyndromeSerum B ₁ Thiamine pyrophosphate (TPP)
YELLOW	B2	VIT B2 (NOT RECODE)	Riboflavin	100 mg / day	\$0.05	A precursor of cofactors called FAD and FMN, which are needed for flavoprotein enzyme reactions, including activation of other vitamins
BLACK	B3	VIT B ₃	Niacin	100 mg / day	\$0.00	CVD protectionnicotinic acid
	B3	VIT B ₃	Niacin	100 mg / day	\$0.00	A precursor of coenzymes called NAD and NADP, which are needed in many metabolicprocesses.Nicotinamide riboside
	B3	VIT B ₃ (NICOTINIC ACID)	Niacin	Niacin 100 - 1,000 mg / day	\$0.08	Pyridine-nucleoside form of Vit B ₃
	B3	NICOTINAMIDE RIBOSIDE (NIACIN - B3) - NOT RECODE	Niacin (B3)	Niacin 100 - 1,000 mg / day	\$0.00	CV SUPPORT FOR ALLDr. Ford Brewer: 1,000 mg
	B5	VIT B ₅	Pantothenic acid	100-200 mg / day	\$0.06	A precursor of coenzyme A and therefore needed to metabolize many molecules.
TAN	B5	VIT B5	PANTOTHENIC ACID (B5)	100 - 200 MG/DAY	\$0.00	For focus and mental alertness
	B6	P5P (pyridoxal-5-phospate) for B6	B ₆ = Pyridoxin	Vitamins B ₆ as P5P 20-50 mg / day	\$0.11	If homocysteine >6 μmol/L or if B12 <500 pg/mlIf Zn < 100 or Cu/Zn ratio>1.3
	B6	DETOX	Cu:Zn RATIO: THERAPY TO LOWER RATIO	Vitamin B6 (Pyridoxine) 100 mg/day to enhance detox	\$0.00	
	B6	DETOX	Pyridoxin	Vitamins B ₆ as P5P 20-50 mg / day	\$0.00	Alertness and focus; enhances detox in T3AZDP5P (pyridoxal-5-phosphate)
	B6 + B9 + B12	For Homocysteine problem	B6 + B9 + B12	LOWER BY TAKING B6 + B12 + B9 FOR 6 MOS. (SEE VIT B TABLES)	SEE INDIVIDUAL B VITS	If HOMOCYSTEINE > 7 μmol / L, cont. to cog.decline.SEE MTHFR GENE

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	B7	NOT RECODE	Biotin	30-100 mcg / day	\$0.00	A coenzyme for carboxylase enzymes, needed for synthesis of fatty acids and in gluconeogenesis.
	B 9 SAM-e (OR Folate)	SAM-e (OR Folate)	B9 SAM-e OR	SAM-e 200-1600 mg/day OR	\$0.00	Do this after 3 mos on protocol if memory is primary issue and not on Aricept (donepezil)S-Adenosyl methionine is a common cosubstrate involved in methyl group transfers, transsulfuration, and aminopropylation. Although these anabolic reactions occur throughout the body, most SAM-e is produced and consumed in the liver.
	B9	VIT B ₉	Folic Acid	B ₉ (methyl folate) 0.8 mg/day up to 5 mg / day	\$0.00	A precursor needed to make, repair, and methylate DNA; a cofactor in various reactions; especially important in aiding rapid cell division and growth, such as in infancy and pregnancy.folate; methyl folate
	B9	METHYLFOLATE (B9)	METHYLFOLATE (B9) best generic choice	B ₉ (methyl folate) 0.8 mg/day up to 5 mg / day	\$0.40	If homocysteine >6 µmol/L or if B12 <500 pg/ml
	B9	FOLATE (OR SAM-e)	Vit B ₉ = folate OR	Folate 5.0 mg / day OR (better methylfolate)	\$0.00	Do this after 3 mos on protocol if memory is primary issue and not on Aricept (donepezil)
	B9	ACCEPTABLE NON-Rx VIT B9 FORMS	SEE TABLE BELOW	Varies by supplier	\$0.00	VITAMIN B ₉ (FOLATE) SUPPLEMENTATION (SOME HAVE B12 & OTHERS)
	B 12	VIT B ₁₂	Methylcobalamin (ok) & cyanocobalamin (don't use this form)	Vit B ₁₂ = methylcobalamin 1 mg/day	\$0.00	A coenzyme involved in the metabolism of every cell of the human body, especially affecting DNA synthesis and regulation, but also fatty acid metabolism and amino acid metabolism.
	B 12	METHYLCOBALAMIN (B ₁₂)	Sublingual is good	Vit B ₁₂ = methylcobalamin 1 mg/day	\$0.06	If homocysteine >6 µmol/L or if B12 <500 pg/ml
	B 12 - methylcobalamin / do not use cyanocobalamin for supplementation	GENETICS	B ₁₂ - methylcobalamin / do not use cyanocobalamin for supplementation	Sublingual B12 good for A/G allele SEE VIT B12 SXN BELOW	\$0.00	Vit B ₁₂ is a coenzyme involved in the metabolism of every cell of the human body, especially affecting DNA synthesis and regulation, but also fatty acid metabolism and amino acid metabolism.Sublingual B ₁₂ if A/G or G/G alleles (likely low B ₁₂); if C/C, then B ₁₂ may be too high
	B-COMPLEX	VIT B-COMPLEX	B-COMPLEX	MIX	SEE INDIVIDUAL B VITS	
	BACOPA MONNIERI	BACOPA MONNIERI	SUPPLEMENT >	2X PER DAY TAKE 250-500 MG	\$0.00	Increases neurotransmittersSupport synaptic function
	BERBERINE	INSULIN RESISTANCE	BERBERINE	300-500 MG 3X/DAY LOWERS BLOOD GLUCOSE	\$0.00	
	BERBERINE	BERBERINE	BERBERINE	3x per day take 300-500 mg/day	\$0.00	If fasting insulin >4.5, or fasting glucose >90,or HbA1C > 5.8Glycemic control
	CO Q 10	SEE UBIQUINOL			SEE UBIQUINOL	
	C	DETOX	Cu:Zn RATIO: THERAPY TO LOWER RATIO	Vitamin C 1g - 3g / day (chelates and removes Cu)	\$0.06	
	C	Vitamin C	synthetic is ok (ascorbic acid)	1 - 4g / day	\$0.00	IF Cu:/zn ratui /> 1.2 takeAffects insulin sensitivity; Standard Process ® has whole food sources
	C	Vitamin C		1 - 4g / day	\$0.00	If suboptimal take
	C	Vitamin C		1 - 4g / day	\$0.00	IF Cu:/zn ratui /> 1.2 take
	Calcium	Calcium	Ca supplementation (take with Vit D3 & K2)	1,000 mg / day but only if needed	\$0.00	One study suggests that high dietary calcium intake was associated with an increased prevalence of Metabolic Syndrome in obese males. Additional studies are required to determine whether dietary calcium intake affects the development of Metabolic Syndrome (R).Some studies showed a significant relationship between the total calcium intake and an increased risk of cardiovascular disease mortality (R).

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PURPLE	CHLORELLA (ESPECIALLY FOR HEAVY METAL DETOX)	DETOX	CHLORELLA (ESPECIALLY FOR HEAVY METAL DETOX)	CHLORELLA (ESPECIALLY FOR HEAVY METAL DETOX)	\$0.04	
	CHOLINE	GENETICS	Certain alleles lead to non alcoholic fatty liver disease SEE CHOLINE BELOW	Choline is available in dietary supplements containing choline only, in combination with B-complex vitamins, and in some multivitamin/multimineral products [13]. Typical amounts of choline in dietary supplements range from 10 mg to 250 mg. The forms of choline in dietary supplements include choline bitartrate, phosphatidylcholine, and lecithin.	\$0.00	PEMT (phosphatidylethanolamine-N-methyltransferase) catalyzes the synthesis of phosphatidylcholine (PTC) and thus choline in the liver;Choline is an essential nutrient that is naturally present in some foods and available as a dietary supplement. Choline is a source of methyl groups needed for many steps in metabolism; PTC required by liver to secrete triglycerides into VLDL cholesterol; Lower PTC can lead to decreased fat removal from liver (fatty liver disease)44% of post-menopausal women must increase choline intake for adequate PTC.
GREEN	CHROMIUM PICOLINATE	INSULIN RESISTANCE	CHROMIUM PICOLINATE	LOWERS BLOOD GLUCOSE; 400 MCG - 1 MG / DAY	\$0.00	
	CHROMIUM PICOLINATE	CHROMIUM PICOLINATE	CHROMIUM PICOLINATE	400 mcg/day (up to 1 mg/day)	\$0.00	lowers blood glucoseif Zn < 100 or Cu/Zn ratio>1.3
YELLOW	CINNAMON	INSULIN RESISTANCE	CINNAMON	CINNAMON - 1/4 TSP / DAY	\$0.00	GLYCEMIC CONTROL
	CINNAMON	CINNAMON	CINNAMON	1/4 tsp / day OR Cap	\$0.04	If fasting insulin >4.5, or fasting glucose >90,or HbA1C > 5.7Glycemic control; improves lipids w/ T2Diab.
ORANGE	CITICOLINE SUPPLEMENT	GENETICS	CITICOLINE SUPPLEMENT	2x per day @ 250 MG	\$0.00	Studies have found that citicoline supplements may help improve memory in older people. There is also some evidence that citicoline may help with recovery after a stroke.Supports synaptic growth
RED	CURCUMIN (OR TURMERIC)	CURCUMIN (OR TURMERIC)	Anti-inflammatory supplement	2X PER DAY TAKE 1.0 grm	not with gall stones	On empty stomach or with good fats; use with caution if you have gallbladder issues
GREY	D3	GENETICS	VIT D DISREGULATION (SEE VIT D BELOW)	VITAMIN D SUPPLEMENTATION LIKELY NEED ~ 1,000 IU /DAY	\$0.00	Vit D 25-hydroxylase; CYP2R1 gene converts Vit D ₃ into 25-hydroxy vitamin D (major circulating formof Vit D that gets converted into the active steroid hormone; 2 common polymorphisms assoc. with reduced activity of this gene and reduced 25-hydroxy vitamin D levels.
	D3 (+ K2)	Vitamin D ₃ (+ K2)	Vitamin D ₃ ok if serum 50-80 ng/ml; take with vit K2	Calc amt: Goal - Existing = Difference x 100 = IU / day; if not sure, take 2500 IU / day; get more sun	\$0.13	Vitamin D ₃ is measured as 25-hydroxy-cholecalciferol; should take with Vit K ₂ (as MK7). Vitamin D ₃ is measured as 25-hydroxy-cholecalciferol; should take with Vit K ₂ (as MK7 - Menaquinone 4-7); NOT K ₁ (clot factor); K ₂ also helps calcify & stabilize arterial plaque; soft plaque is dangerous
	D3	Vitamin D ₃	Vitamin D ₃	Calc amt: Goal - Existing = Difference x 100 = IU / day; if not sure, take 2500 IU / day; get more sun	\$0.00	Vitamin D ₃ is measured as 25-hydroxy-cholecalciferol; should take with Vit K ₂ (as MK7)
BLACK	DHEA SUPPLEMENT	DHEA SUPPLEMENT (Note: State of Ca. warning)	NOT PER ReCODE	Regarding time frame, a dose of 50 mg per day has been safely used for one year, and 25 mg per day has safely been used for two years. Generally, DHEA supplements have been safely used in studies for up to two years without severe side effects	\$0.14	DHEA supplements may lead to an increase in testosterone levels that could help improve exercise performance. ... Results revealed that use of DHEA supplements appeared to increase testosterone levels and prevent those levels from declining during exercise.DHEA is a hormone. Use of this supplement might increase levels of androgen and have a steroid effect. DHEA also might increase the risk of hormone-sensitive cancers, including prostate, breast and ovarian cancers. If you have any form of cancer or are at risk of cancer, don't use DHEA.
BROWN	E	Vitamin E (as mixed tocopherols & tocotrienols)	Vitamin E ok if 12-20 mcg/ml	If E < 13.0 mcg/ml take 400 - 800 IU / day	\$0.07	Supplement as alpha-tocopherol or mixed tocopherols; Anti-oxidant & anti-AZD; one of few monotherapies that produce modest AZD improvement

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	E	Vitamin E	Vitamin E	If E < 13.0 mcg/ml take 400 - 800 IU / day	\$0.00	Supplement as alpha-tocopherol or mixed tocopherols; Anti-oxidant & anti-AZD; one of few monotherapies that produce modest AZD improvement
	GADUCHI	DETOX	GADUCHI	GADUCHI - OTC (NO DOC REQUIRED) 300 MG 3X/DAY (CAN GO UP TO 400 MG)	\$0.00	
	GADUCHI (a.k.a., tinospora cordifolia)	GADUCHI (a.k.a., tinospora cordifolia)	GADUCHI (a.k.a., tinospora cordifolia)	2 - 3 x / day @ 300 mg	\$0.00	Boosts immune support in T3AZDTake with meals
	Glutathione - LIPOSOMAL	Glutathione	Glutathione - LIPOSOMAL	Liposomal Glutathione: 2x/day @ 250 mg ea. (+ selenium) OR	\$0.00	Antioxidant and antitoxinTYPE 3 AZD - TOXIC ; SEE SHOEMAKER PROTOCOL - take on-line VCS screening test
	GLUTATHIONE (LIPOSOMAL) OR	DETOX	LIPOSOMAL GLUTATHIONE OR	2X/DAY @ 250 MG EA.	\$0.00	
	GLUTATHIONE ALTERNATIVE: N-ACETYL-CYSTEINE CAPS OR	DETOX	N-ACETYL-CYSTEINE CAPS OR	NAC: 500-600 MG/DAY + SELENIUM	\$0.10	For detox
	GLYCINE BETAINE	GLYCINE BETAINE	GLYCINE BETAINE	AFTER 6 MOS IF STILL HI, ADD GLYCINE BETAINE 500 MG / day	\$0.15	If homocysteine >6 µmol/L or if B12 <500 pg/mlSEE MTHFR GENE
	GOTU KOLA	GOTU KOLA	GOTU KOLA	1X OR 2X PER DAY - 500 MG	\$0.00	For alertness and focusSupport synaptic function
	GUGGUL	GUGGUL	GUGGUL	350 - 750 MG/DAY	\$0.09	Removes gut toxinsT3AZD
	GUGGUL	DETOX	GUGGUL	350 - 750 MG/DAY	\$0.00	REMOVES GUT TOXINS
	HUPERZINE - A	Memory	Huperzine - A	200 mcg / d	\$0.00	After 3 mos and not on Aricept
	Iodine from organic kelp	THYROID	Iodine from organic kelp	Iodine from organic kelp @ 1,000 mcg / day	\$0.00	May be beneficial; DO NOT USE POTASSIUM IODINE AS A SUPPLEMENTNOT ReCODE
	K ₂ (as MK-7 : menquinone-7)	Vitamin K ₂ (as MK-7 : menquinone-7)	Vitamin K ₂ (as MK-7 : menquinone-7) ok if blood test is 100 mcg / ml minimum; take with D3. If taking D ₃ , add K ₂ (MK-7) for better D ₃ absorption.	100 mcg / day	INCLUDED IN D3	A deficiency of vitamin K is usually discovered when unexpected or excessive bleeding occurs. In such cases, a prothrombin time (PT/INR) is the main laboratory test performed. If suspected to be due to low levels of vitamin K, then vitamin K will often be given by injection. If the bleeding stops and the PT returns to normal, then a vitamin K deficiency is assumed to be the cause.Don't take with kidney disease or Rx blood meds.
	KIMCHI SWAB	DETOX	KIMCHI SWAB	KIMCHI JUICE SWAB (NOSE)	TBD	
	LIONS MANE (Hercium)	LIONS MANE (Hercium)	LIONS MANE (Hercium)	1X OR 2X PER DAY - 500 MG	\$0.18	Nerve growth factor impact in T2AZDSupport synaptic function
	MAGNESIUM GLYCINATE	MAGNESIUM GLYCINATE	ALTERNATE for threonate supplement	Magnesium glycinate @ 500 / day	\$0.00	If RBC Mg < 5.2 mg/dLAffects HbA1C; GLYCEMIC CONTROL
	MAGNESIUM THREONATE	INSULIN RESISTANCE	MAGNESIUM THREONATE	IF A1C > 5.6%, CHECK Mg; IF Mg < 5.2 MG/DL, USE Mg THREONATE @ 2G/DAY OR MgGLYCINATE 500 MG/DAY	\$0.00	HbA1C
	MAGNESIUM THREONATE	MAGNESIUM THREONATE	MAGNESIUM THREONATE	Magnesium threonate @ 2 grms / day OR	\$0.00	If RBC Mg < 5.2 mg/dLAffects HbA1C; GLYCEMIC CONTROL
	MANGANESE	DETOX	Cu:Zn RATIO: THERAPY TO LOWER RATIO	Manganese 15 mg - 30 mg / day to support antioxidant enzymatic effects	\$0.00	
	MANGANESE	MANGANESE	MANGANESE	Manganese 15 - 30 mg/day as part of Cu:Zn ratio adjustment	\$0.00	SEE DETOX PROTOCOLS

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	MCT OIL	INSULIN RESISTANCE	MCT OIL	2X PER DAY TAKE 1-3 grms	TBD - APOE3/4	If APOE4, use short time just to get into ketosis, then when insulin sensitivity restored, can drop MCT & increase EVOO, monounsaturated fatty acids, and polyunsaturated fatty acids MCT oil helps with ketosis
	Melatonin	Melatonin	Sleep aide	Melatonin 0.5 - 3.0 MG	\$0.04	Melatonin is a hormone, produced by the pineal gland among other locations, which regulates wakefulness.
	n-acetylcysteine (for glutathione support)	n-acetylcysteine (for glutathione support)	n-acetylcysteine (for glutathione support)	n-acetylcysteine capsules : 500 - 600 mg per day (+ selenium) OR	SEE GLUTATHIONE	Additional consideration: If fasting insulin >4.5, or fasting glucose >90, or HbA1C > 5.6; Also consider: If Zn < 100 or Cu/Zn ratio > 1.3 TYPE 3 AZD - TOXIC ; SEE SHOEMAKER PROTOCOL - take on-line VCS screening test
	OMEGA 3	GENETICS	phosphatidylcholine & acetylcholine ; arachidonic acid SEE OMEGA 3 SXN BELOW	Acetyl-L-Carnitine supports biosynthesis of Acetylcholine which is a key neurotransmitter for brain and nerve function. Fish roe oil or krill oil provides phosphatidylcholine DHA (DHA-lysoPC) decreasing the risk of AZD.	\$0.00	A region in this gene affects phosphatidylcholine (a key component in all cell membranes) levels; also a precursor for the neurotransmitter acetylcholine; with increased polymorphisms, reduced conversion & less neurotransmitter produced. Also linked to CVD. AA levels may reduce inflammation. Dr. R.Patrick suggests DHA in phospholipid form.
	Omega-3 : DHA	Omega-3 : DHA	Use Krill oil or fish roe sources	1.0 G / DAY	\$0.00	Likely need phosphorylated DHA supplements to work in APOE4 carriers (Krill oil & fish roe) Per Dr. R.Patrick (FASEB Journal 12/16/18)
	omega-3 fatty acids / ALA, DHA, EPA SEE SXNS BELOW	GENETICS	omega-3 fatty acids / ALA, DHA, EPA SEE SXNS BELOW	OMEGA -3 EPA 2g @ 2X/DAY (TOT 4 G/D) BEST FOR APOE4 IS PHOSPHOLIPID FORM OF DHA (DHA-lysoPC) because of reduced ability to utilize non-phosphorylated type. Fish roe oil or krill oil provides phosphatidylcholine-DHA (DHA-lysoPC) decreasing the risk of AZD.	\$0.10	Delta desaturase genes; have common polymorphisms that elongate polyunsaturated fatty acids like alpha-linolenic acid (ALA) and convert it to eicosapentenoic acid (EPA); some polymorphisms will cause lowered conversions to EPA. ALA is from plants and EPA is from fish; having the high or low genotype should influence how much fish to consume; Vegetarians rely on ALA (flaxseed oil or chia seed) as source of EPA & DHA; Docosahexaenoic Acid (DHA) is a long chain omega-3 fatty acid important for brain and eye development and function throughout life. It also supports heart health. DHA is the most abundant omega-3 in the brain and retina and is naturally found in breast milk; NOTE: microalgae have EPA & DHA without having to convert from ALA. Long-chain omega-3 fatty acids are EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid)... Though beneficial, ALA omega-3 fatty acids have less potent health benefits than EPA and DHA.
	Omega-3: EPA	Omega-3: EPA	Omega-3: EPA	0.5-1.0 grms / day ok for brain health, but 2g @ 2x/day for CVD protection (total of 4g/day)	\$0.00	Omega 3-PUFAs (omega 3 polyunsaturated fatty acids): include eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), docosapentaenoic acid (DPA), and alpha linolenic acid (ALA). The main dietary sources of EPA, DHA and DPA come from seafood, while ALA is found mainly in plants (nuts, seeds, and leafy green vegetables).
	Pregnenolone - OTC	Pregnenolone	NOT PER ReCODE	10 - 25 mg / day	\$0.08	
	PQQ (polyquinoline quinone)	PQQ (polyquinoline quinone)	PQQ (polyquinoline quinone)	10 - 20 mg/day for all	\$0.00	mitochondrial support
	PREBIOTICS	PREBIOTICS	PREBIOTICS	In a nutshell, prebiotics are a type of fiber. They are undigestible plant fibers that feed the probiotics or the good bacteria already live inside the large intestine. The more food, or prebiotics, that probiotics have to eat, the more efficiently these live bacteria work and the healthier your gut will be.	FIBER - TBD	If leaky gut, heal first In a nutshell, prebiotics are a type of fiber. They are undigestible plant fibers that feed the probiotics or the good bacteria already live inside the large intestine. The more food, or prebiotics, that probiotics have to eat, the more efficiently these live bacteria work and the healthier your gut will be.

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	PROBIOMAX ENT	DETOX	PROBIOMAX ENT	PROBIOMAX ENT (CHEWABLE & OTC - NO DOC NEEDED)	TBD	
	PROBIOTICS (most recommended by GI docs: VSL3® & VISBIOME®)	PROBIOTICS (most recommended by GI docs: VSL3® & VISBIOME®)	NOT DIRECT FROM ReCODE	start with 1 cap / DAY with minimum 50 billion CFU	TBD	If leaky gut, heal first. 5 core species : Lactobacillus plantarium (kimchi), L.acidophilus (fermented dairy), L. brevis (pickles, kraut), Bifidobacterium lactis (fermented dairy), B.longum (ferm.veges & dairy)Can also get from fermented foods like kimchi, sauer kraut, kfir, yogurt, etc.
	RESTORE	DETOX	RESTORE	RESTORE (WAS ORIGINALLY FOR GUT HEALTH) OTC - NO DOC	\$0.20	
	RESVERATROL	RESVERATROL	RESVERATROL	100 mg/day for all	\$0.00	Resveratrol is a compound that various plants make to fight off bacteria, fungi, and other microbial attackers, or to withstand drought or lack of nutrients.Researchers believe that resveratrol activates the SIRT1 gene. That gene is believed to protect the body against the effects of obesity and the diseases of aging.
	RHODIOLA	RHODIOLA	RHODIOLA	200-400 MG / DAY	\$0.00	Stress & anxietySupport synaptic function
	Selenium (for glutathione support)	Selenium (for glutathione support)	Normal serum selenium levels 110-150 ng/ml	Supplement glutathione with Selenium (from selenium yeast) 50 mcg / day	SEE NAC - INCLUDED	The human body absorbs more than 90% of selenomethionine but only about 50% of selenium from selenite. The most recent study shows that 100% organically bound selenium yeast is most effective for reducing oxidative stress as compared to selenomethionine.TYPE 3 AZD - TOXIC ; SEE SHOEMAKER PROTOCOL - take on-line VCS screening test
	SELENIUM (FROM SELENIUM YEAST) 50 MCG/DAY WITH N-ACETYL - CYSTEINE CAPS ABOVE	DETOX	SELENIUM (FROM SELENIUM YEAST) 50 MCG/DAY WITH N-ACETYL -CYSTEINE CAPS ABOVE	SELENIUM (FROM SELENIUM YEAST) 50 MCG/DAY WITH N-ACETYL -CYSTEINE CAPS ABOVE	SEE NAC - INCLUDED	
	SHANKHPUSHPI	SHANKHPUSHPI	SUPPLEMENT >	2-3 TSP / DAY	\$0.00	Hippocampus branching of neuronsSupport synaptic function
	SINUCLENZ	DETOX	SINUCLENZ	SINUCLENZ SPRAY (OTC - NO DOC NEEDED): NATURAL ANTIBIOTIC	TBD	
	SPM Active® by Metagnics (Specialized pro-resolving mediators) ; important for inflammation reduction	Supplement: Specialized pro-resolving mediators	SPM Active® by Metagnics (Specialized pro-resolving mediators) ; important for inflammation reduction	For 30 days, 2-6 caps / per day	HOLD	If hs-CRP > 1.0 ng/dL & after resolving the source of inflammationPro-resolving mediators are active in the picogram to nanogram dose range, whereby they are able to control inflammation, limit tissue damage, shorten resolution intervals, promote healing and alleviate pain in experimental models of inflammation and resolution. SPM ACTIVE BY METAGENICS IS ONLY SOLD THRU MEDICAL PRACTITIONERS.
	TRIPHALA	TRIPHALA	TRIPHALA	500 to 1000 mg / day (on empty stomach)	\$0.00	Reduces inflammation in T1AZDTriphala is a powerful herbal remedy that consists of Haritaki, Bibhitaki and amla. It is used in traditional Ayurvedic medicine to prevent disease and treat a number of symptoms, including constipation and inflammation
	Tryptophan	Tryptophan	SLEEP - ruminations	Tryptophan 50 mg/ night	\$0.09	Tryptophan is an essential amino acid that serves several important purposes, like nitrogen balance in adults and growth in infants. It also creates niacin, which is essential in creating the neurotransmitter serotoninSleep aide; avoid with SSRIs (zoloft & prozac)
	Tryptophan alternative: 5-hydroxytryptophan	Tryptophan alternative: 5-hydroxytryptophan	Alternative for Tryp.	5-hydroxytryptophan 100 - 200 mg / day	\$0.00	Sleep aide: enters brain faster than tryptophan alone
	UBIQUINOL	UBIQUINOL	UBIQUINOL	100 mg/day	\$0.29	For Co-Q10 enzyme support; supports mitochondrial function

GROUP	SUPPLEMENT	CATEGORY	OTHER NAME	DOSE	SOURCE / NOTES / \$ / day	DESCRIPTION
	VCS	VCS	secondary / optional TESTING for TOXIN exposure	IF VCS ON-LINE TEST FAILED, MAY NEED DETOX	TBD	The online screening test is a measure of one of the neurologic functions of vision called contrastsee Shoemaker Protocol (may take TEST this on-line for a fee)
	WCFE (whole coffee fruit extract)	WCFE (whole coffee fruit extract)	WCFE (whole coffee fruit extract)	For 3 mos 1 or 2x per day @ 100 MG; wean off slowly over 30 days	\$0.00	Helpful for T2AZDA natural extract from unroasted coffee beans may be a tool in fighting the uncontrolled blood sugar levels characteristic of diabetes, a small, preliminary new study suggests.
	XLEAR	DETOX	XLEAR	XLEAR NASAL SPRAY (OTC - NO DOC)	TBD	
	ZINC PICOLINATE	DETOX	Cu:Zn RATIO: THERAPY TO LOWER RATIO	Zinc picolinate 25-30 mg (50 mg max) / day	\$0.11	
	ZINC PICOLINATE	INSULIN RESISTANCE	ZINC PICOLINATE	IF < 100, TRY 20 MG TO 50 MG OF ZINC PICOLINATE / DAY; RECHECK GLUCOSE AFTER 2 MOS.	\$0.00	
	ZINC PICOLINATE	ZINC PICOLINATE	ZINC PICOLINATE	If serum Zn < 100 mcg/dL, try Zinc picolinate 20-50mg/day	\$0.00	No need for copper supplementation generally; Zn also affects insulin sensitivitySEE DETOX PROTOCOLS
THOSE LISTED BELOW ARE TYPICALLY BY PRESCRIPTION ONLY (OR SHOULD BE) OR SOLD ONLY THRU PRACTITIONERS						
	B9	VIT B9 FORMS FOR MTHFR	CEREFOLIN ®		NA or TBD	VITAMIN B ₉ (FOLATE) SUPPLEMENTATION (SOME HAVE B12 & OTHERS)
	B9	VIT B9 FORMS FOR MTHFR	CEREFOLIN ® NAC		NA or TBD	VITAMIN B ₉ (FOLATE) SUPPLEMENTATION (SOME HAVE B12 & OTHERS)
	B9	VIT B9 FORMS FOR MTHFR	DEPLIN®		NA or TBD	VITAMIN B ₉ (FOLATE) SUPPLEMENTATION (SOME HAVE B12 & OTHERS)
	B9	VIT B9 FORMS FOR MTHFR	METAFOLIN (BY METANX)®		NA or TBD	VITAMIN B ₉ (FOLATE) SUPPLEMENTATION (SOME HAVE B12 & OTHERS)
	B9	VIT B9 FORMS FOR MTHFR	METANX®		NA or TBD	VITAMIN B ₉ (FOLATE) SUPPLEMENTATION (SOME HAVE B12 & OTHERS)
	B9	VIT B9 FORMS FOR MTHFR	NEEVO®		NA or TBD	VITAMIN B ₉ (FOLATE) SUPPLEMENTATION (SOME HAVE B12 & OTHERS)

GROUP	SUPPLEMENT	CATEGORY	OTHER NAME	DOSE	SOURCE / NOTES / \$ / day	DESCRIPTION
	B9	VIT B9 FORMS FOR MTHFR	NEEVO® DHA		NA or TBD	VITAMIN B ₉ (FOLATE) SUPPLEMENTATION (SOME HAVE B12 & OTHERS)
	BEG Rx	DETOX	BEG Rx	BEG (BACTROBAN/MUCIPROCIN/E DTA/GENTAMICIN Rx) DOC Rx NEEDED	NA or TBD	a.k.a. BACTROBAN NASAL
	CHOLESTRYAMINE Rx	DETOX	CHOLESTRYAMINE Rx	SHOEMAKER PROTOCOL	NA or TBD	
	FLOMAX Rx	Frequent night urination (nocturia)	Flomax ® may help	Rx : 1 cap (0.4 mg) / day	NA or TBD	If > 1-2 x / night
	GLUTATHIONE IV 2X / WEEK (LONG TERM) - DOC SUPERVISED ONLY	DETOX	INTRAVNOUS GLUTATHIONE 2X / WEEK (LONG TERM) - DOC SUPERVISED ONLY	SHOEMAKER PROTOCOL	NA or TBD	
	Glutathione - NEBULIZED	Glutathione	Glutathione - NEBULIZED	nebulized glutathione (may require Rx therapy)	NA or TBD	Reduced glutathione or simply glutathione (γ-glutamylcysteinylglycine; GSH) is found in the cytosol of most cells of the body. GSH in the epithelial lining fluid (ELF) of the lower respiratory tract is thought to be the first line of defense against oxidative stress. Inhalation (nebulized or aerosolized) is the only known method that increases GSH's levels in the ELF. TYPE 3 AZD - TOXIC ; SEE SHOEMAKER PROTOCOL - take on-line VCS screening test
	ITRACONAZOLE Rx	DETOX	ITRACONAZOLE - Rx ANTIFUNGAL ; DOC Rx NEEDED	200 MG 3X/DAY FOR 3 DAYS, THEN 200 MG 1 OR 2 X/DAY FOR 3 MONTHS	NA or TBD	
	METFORMIN	INSULIN RESISTANCE Rx	METFORMIN	LAST RESORT - Rx	NA or TBD	
	Metformin By Rx only	Metformin By Rx only	Metformin By Rx only		NA or TBD	Popular T2 diabetes RxGlycemic control
	Potassium	Potassium	Supplement only under medical supervision	Recommended adequate intake of potassium for adults is set at 4.7 g/day from all sources (food included)	NA or TBD	Even minor departures from the recommended range are associated with significant morbidity and mortality. Supplements should be taken under medical supervision. Potassium containing supplements are available in the form of salts: gluconate, citrate, chloride, bicarbonate, and acetate.
	QUICKSILVER	DETOX	Aluminium	Unknown for AZD	NA or TBD	Not sure about impact of Alum. Technically not a true "heavy metal"
	QUICKSILVER	DETOX	Arsenic (As)	<7mcg/L	NA or TBD	Highly toxic
	QUICKSILVER	DETOX	Cadmium (Cd)	<2.5mcg/L	NA or TBD	Carcinogen; acts with lead & arsenic to enhance AZD brain changes
	QUICKSILVER	DETOX	Lead (Pb)	<2mcg/dL	NA or TBD	Impairs cog. function on its own
	QUICKSILVER	DETOX	Mercury(Hg)	<5mcg/L	NA or TBD	Blood test not good; use chelating agent, then 6 hour urine sampleResults s/b lower than 50th percentile (Quicksilver Test Method best)
	THYROID	THYROID	You will need testing & if necessary, Rx's for this. If Iodine is low, take a supplement.	T3 & T4 s/b supplemented together; Use Armour Thyroid, NP Thyroid or Nature Thyroid	NA or TBD	With cognitive impairment there is suboptimal thyroid function.
	VIP (INTRANASAL) - VASOACTIVE INTESTINAL PEPTIDE HORMONE Rx	DETOX	VIP (INTRANASAL) - VASOACTIVE INTESTINAL PEPTIDE HORMONE Rx	SHOEMAKER PROTOCOL	NA or TBD	
	WELCHOL (COLESEVELAM HYDROCHLORIDE) Rx ONLY	DETOX	WELCHOL (COLESEVELAM HYDROCHLORIDE) Rx ONLY	SHOEMAKER PROTOCOL	NA or TBD	

GROUP	SUPPLEMENT	CATEGORY	OTHER NAME	DOSE	SOURCE / NOTES / \$ / day	DESCRIPTION
	OTHER ACCEPTABLE NON-Rx VIT B9 FORMS					
	B9	ACCEPTABLE NON-Rx VIT B9 FORMS	"L" FORMS	Varies by supplier	\$0.00	VITAMIN B ₉ (FOLATE) SUPPLEMENTATION (SOME HAVE B12 & OTHERS)
	B9	ACCEPTABLE NON-Rx VIT B9 FORMS	6(S) FORMS	Varies by supplier	\$0.00	VITAMIN B ₉ (FOLATE) SUPPLEMENTATION (SOME HAVE B12 & OTHERS)
	B9	ACCEPTABLE NON-Rx VIT B9 FORMS	6S-(5)-METHYLTETRAHYDR OFOLATE	Varies by supplier	\$0.00	VITAMIN B ₉ (FOLATE) SUPPLEMENTATION (SOME HAVE B12 & OTHERS)
	B9	ACCEPTABLE NON-Rx VIT B9 FORMS	L-5 FORMS	Varies by supplier	\$0.00	VITAMIN B ₉ (FOLATE) SUPPLEMENTATION (SOME HAVE B12 & OTHERS)
	B9	ACCEPTABLE NON-Rx VIT B9 FORMS	L-5-METHYLTETRAHYDR OFOLATE	Varies by supplier	\$0.00	VITAMIN B ₉ (FOLATE) SUPPLEMENTATION (SOME HAVE B12 & OTHERS)
	B9	ACCEPTABLE NON-Rx VIT B9 FORMS	L-5-MTHF (BY METHYL-LIFE)	Varies by supplier	\$0.00	VITAMIN B ₉ (FOLATE) SUPPLEMENTATION (SOME HAVE B12 & OTHERS)
	B9	ACCEPTABLE NON-Rx VIT B9 FORMS	LEVOMEFOLIC ACID	Varies by supplier	\$0.00	VITAMIN B ₉ (FOLATE) SUPPLEMENTATION (SOME HAVE B12 & OTHERS)
	B9	ACCEPTABLE NON-Rx VIT B9 FORMS	L-METHYLFOLATE	Varies by supplier	\$0.00	VITAMIN B ₉ (FOLATE) SUPPLEMENTATION (SOME HAVE B12 & OTHERS)
	B9	ACCEPTABLE NON-Rx VIT B9 FORMS	L-METHYLFOLATE CALCIUM	Varies by supplier	\$0.00	VITAMIN B ₉ (FOLATE) SUPPLEMENTATION (SOME HAVE B12 & OTHERS)
	B9	ACCEPTABLE NON-Rx VIT B9 FORMS	Magnafolate-C™ (By Methyl - Life)	Varies by supplier	\$0.00	VITAMIN B ₉ (FOLATE) SUPPLEMENTATION (SOME HAVE B12 & OTHERS)
	B9	ACCEPTABLE NON-Rx VIT B9 FORMS	QUATREFOLIC®	Varies by supplier	\$0.00	VITAMIN B ₉ (FOLATE) SUPPLEMENTATION (SOME HAVE B12 & OTHERS)
	OTHER (NOT PER RECODE)					
	GLUCOSAMINE	GLUCOSAMINE SULFATE	NOT RECODE	GLUCOSAMINE SULFATE (1500 MG) + POTASSIUM (180 MG)	\$0.00	JOINT HEALTH
	L - TYROSINE		NOT RECODE	500 MG	\$0.07	Precursor for thyroid homones & nerve messengers
DAILY COST ESTIMATE					\$3.07 / DAY	
MONTHLY					\$93 / MONTH	
ANNUALIZED					\$1,121 / YEAR	
NUMBER OF SUPPLEMENTS IN THIS PROGRAM ESTIMATE					27 / DAY	
AVERAGE COST PER SUPPLEMENT					\$0.11 / DAY / SUPPLEMENT	
DATE OF ESTIMATE					1/1/2019 DATE OF ESTIMATE	
ACTUAL COST		EST. OF AVG. # OF DAYS OF PRODUCT ORDERED :		85	\$288.20	ACTUAL COST (MIN. QTY. + TAX + SHIPPING)