

Brand	Product Name	Reason	Dose
<b>***14 supplements taken daily***</b>			
Doctors Best	SAMe		
Davinci Laboratories	ADK		
Super Nutrition	Mg Gly	Client said this is for methylation - unsure if tolerating, feels tired & anxious, Rx 3 x daily but thinks this is too much (400mg), 1 x daily better tolerated (133mg). Says to help with COMT. Is testing dosages.	1 daily
Thorne	Zn picolinate		
Swanson	P5P		
Thorne	Chromium Pico		
Swanson Albion	Molybdenum		
Thorne	NAC		
Enzymedica	Digest Gold with ATPro	Enzymes	
Life Extension	Inositol		
Thorne	Riboflavin 5 Phosphate		
Natures Life	B12 Drops	Contains stevia, fruit flavourings (unidentified).	
<b>Not TGA approved</b>			
KAL	Lithium Orotate	AI sequestration? Restricted product.	
Nutricost	TUDCA	For digestion & low HCl from HP. Felt like it helped with sore muscles and joints, didn't feel like alcohol anymore.	
<b>Not currently taking</b>			
DFH	Colon RX	Osmotic laxative - does it work?	1-3 depending on need
PE	EPO	Assume for pain? Skin?	
Allergy Research Group	L-Methionine	Can't tolerate this at all.	
Allergy Research Group	Mastica	For HP, taken for 4 mths.	
BioPure	Artemisinin	For parasites. Cycled a few times weekly, 4 weeks max.	

### Findings

Dosages and frequency still unclear, client has repeatedly failed to provide this info, just a list of what he is taking, assuming for now he takes as per bottle directions.

Potential issues with excess intake of A, P5P, B12, Mo, Cr

P5P excess - peripheral neuropathy, muscle weakness, nausea/discomfort, photosensitive.

B12 excess - dizziness, fatigue, insomnia but no UL. Need to test MMA to understand levels.

Vit A - Those with high alcohol intake, pre-existing liver disease, hyperlipidaemia or severe protein malnutrition may be particularly susceptible to excess intake of preformed vitamin A and may not be protected by the UL for the general population.

ADK - not enough D, too much A - suggest swapping out; Mg Gly - swap to mixed Mg product (citrate, orotate, glycinate blend); Zn pico - stop, gut blend will contain Zn carnosine. Cr pico, Inositol & Molybdenum - stop and swap for inositol/Cr/Mo/BGL blend; B12 - swap for better product without stevia but only after testing.

### Recommendations

**Priority is as per PC - gut health, however will need to refine supps in order to achieve gut health outcomes**

Stopping 4 products (Zn pico, Cr pico, Ino, Mo)

Swapping 3 (ADK, Mg gly, B12)

Adding 2 products - gut blend and BGL blend

Could also stop digest enzymes and use bitter foods, or betaine

Unsure why NAC and SAMe being used

Consider combined methylation support blend instead of P5P and R5P and B12 (MTHFR Support products)

Not taking folate, diet very low in this - needs to supp this asap

Creatine 3/5mg/d could be helpful but client is already on huge cocktail of supps

[illegible]

Vit K2 (MK7)	Vit E	Evening p	Li Oro (ca	NAC	Cr Pico	Mo gly ch	TUDCA	Pistacia le	Artemisia	Protease	Xylanase	Lipase
500mcg												
					500mcg							
						400mcg						
				500mg								
										80,000HU	550XU	4000FIP
			5mg									
							250mg					
		500mg										
								1g				
									100mg			

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