

**Reason for taking is general health or fertility unless otherwise indicated*

Before Breakfast

Seed DS-01 Probiotics*

TruNiagen NR 300 mg (Tue, Thu, Sat, Sun)*

NAD+ 0.2 ml subcutaneous (Mon, Wed, Fri) (not sure how long I will continue)*

Life Extensions or Pure Encapsulations NAC 600 mg (Mon, Tue, Wed) / endometriosis

With Breakfast

Needed fish oil 1550 mg (2 of 4 daily capsules)*

Pure Encapsulations Prenatal Nutrients (1 of 2 daily capsules)*

FairHaven Myo-Inositol 1000 mg + D-Chiro Inositol 25 mg (2 of 4 daily capsules)*

Perfect Supplements Acai extract 500 mg*

Life Extensions Super Ubiquinol CoQ10 with PQQ 100 mg*

Walgreens dye free aspirin 81 mg*

Ancestral Supplements Beef liver 1500 mg*

Ancestral Supplements Fish eggs 800 mg*

With Lunch

Needed fish oil 1550 mg (2 of 4 daily capsules)*

Pure Encapsulations Prenatal Nutrients (1 of 2 daily capsules)*

Theralogix NeoQ CoQ10 125 mg*

Pure Encapsulations Vitamin D3 5000 IU (next bottle is Doctor's Best D3 2500 IU)*

Pure Encapsulations Vitamin E with mixed tocopherols 260 mg (Tue, Thu, Sat)*

Garden of Life Organics Extra Strength Turmeric 553 mg (Follicular phase only) / endometriosis

Life Extensions or Pure Encapsulations NAC 600 mg (Mon, Tue, Wed) / endometriosis

With Dinner

DEVA Vegan magnesium glycinate 100 mg (next bottle is Doctor's Best or Metagenics)*

Jarrow QH-absorb ubiquinol 100 mg*

Garden of Life Raw Vitamin C 250 mg (once or twice a week, Follicular phase only)*

Perfect Supplements Acai extract 500 mg (Follicular phase only)*

FairHaven Myo-Inositol 1000 mg + D-Chiro Inositol 25 mg (2 of 4 daily capsules)*

Solary Calcium citrate 250 mg (once or twice a week) / fracture history

Double Wood Supplements NMN 250 mg (Tue, Thu, Sat, Sun; not sure how long I will continue)*

Double Wood Supplements TriMethylGlycine 500 mg / because taking NAD+

Bedtime

Jarrow Femdophilus advanced probiotic / recent antibiotics (will stop when this bottle is finished)

DEVA Vegan magnesium glycinate 200 mg (next bottle is Doctor's Best or Metagenics)*

Swanson L-Theanine 100 or 200 mg / insomnia

Swanson melatonin 1-2 mg (Follicular phase only) / insomnia

Additional

hydroxyzine 50 mg as needed (few times a month) / insomnia

Tacrolimus 0.1% ointment as needed / eczema

Seed Vaginal Probiotic (2-4x/month)*

L Reuteri homemade coconut yogurt*

Pure Encapsulations Resveratrol (bought this but not yet started) / endometriosis

Low dose naltrexone (will start shortly)*