

Sheet1

Supplement	Dose
	(all capsules assume 500mg)
CoQ10	1 in morning
C60	1 tablespoon daily
Chaga mushroom	two or more cups of tea daily, or capsules
Fish oil	2 caps a day
Homocystex	1 in morning
Niacin	2 or 4 per day for 1.5 to 2 gms a day
Nicotinamide Riboside	3 or 4 per day
Ginseng	10 ml a day of extract from 22 yr old root
Shilajit	Pea sized amt of semi-liquid form
Imortalium multivitamin	2 caps a day = ½ recommended dose
Sunflower lecthin	1 in morning and 1 at night
Chelated Magnesium	2 caps at night
GABA	1 capsule at night
Vitamin C	1 gram or more daily
Ferrochel	iron
selenium	1 capsule daily
Vitamin E	2 caps a day
Youngevity brand minerals	1 tablespoon daily alternating with shilajit
	occasionally
Reishi mushroom	occasionally
TurkeyTail mushroom	occasionally