

Some Comments on Typical Supplements Used
(These are not recommendations. Consult your own practitioners.)

Omega 3's

There is the most debate about this supplement but a recommendation I see is a high quality, antarctic Krill Oil. You are looking for about 1000mg. of EPA/DHA per day.

Other practitioners recommend any high quality fish oil (meaning molecular distillation to remove toxins and heavy metals).

See www.Chriskresser.com and search "fish oil" to see how gnarly this gets. Still, I believe that some fish oil is better than none and prefer liquid forms. If they are rancid, they smell fishy; if they are in a capsule, you cannot tell if they are rancid.

Co Q10

www.Jarrow.com or other quality brands

QH-absorb®

Ubiquinol QH-Absorb

100 mg.–1 capsule 2 times per day-

NAC (for Skin picking)

PharmNAC for the liquid version otherwise any brand in tablet.

L Carnitine

This is an amino acid, easy to produce and therefore any brand is OK

Alpha-Lipoic Acid: R form is thought to be more stable and physiologically effective.

Magnesium Malate 2 tabs per day unless kidney problems

Supplemental Calcium is controversial

Vitamin D is generally recommended October-May in northern states