

Supplement List for Jonathan D Barnett DOB 06/30/1956

as of 10/24/2013

Supplement/Drug	Wake Up	1st Food	Midday	Bedtime
VITAMINS, MINERALS & ANTIOXIDANTS				
Vitamin C/Ascorbic Acid *	1-2K mg	1-2K mg	1-2K mg	1-2K mg
Methylcobalamin 5 mg sublingual tab		1 tab		
Pantothenic acid 500mg		1 cap		
Folate 800 mcg		1 cap		
Vitamin B complex		1 tab		
Vitamin D3-50 (3x week)	1 tab			
Magnesium 250 mg/Calcium 500 mg		1 tab		1 tab (opt)
Selenium 200 mcg (2x wk)			1 cap	
Betacarotene 25,000	1 cap		1 cap	
Niacinamide 550 mg	1 cap	1 cap	1 cap	1 cap
K2 100mcg				2 caps
ENZYMES & AMINO ACIDS				
Ubiquinol 100 mg		1 cap		1 cap
Liposomal glutathione (1 tsp)	1		1	
L-Glutamine powder (inconsistent)	1Tblspn		1Tblspn	
Melatonin (as needed)				1 cap
HERBAL EXTRACTS				
Saw Palmetto 1.1 g	1 cap			1 cap
Cureumin 800 mg	1 cap	1 cap	1 cap	1 cap
St John's Wort 450 mg	1 cap	1 cap	1 cap	
OTHER				
MAF 314 probiotic (125 ml)				1 serving
N-acetyl cysteine (NAC) 600 mg			1 cap	
Alpha lipoic acid	600 mg		600 mg	
DHEA 25 mg (every other day)	1 cap			
Omega 3 1200 mg		1 cap		
Sam-E 100 400 mg	1 cap		1 cap	
Added Per Dr. Ron 10/22/13				
Lamb pancreas (Dr Gonzales formulation)	1	1	1	
Grapefruit seed extract	1	1	1	1
Biotin (5000 mcg)	1			
Candistatin (caprylic acid)	2	2	2	2
Interfase (proteolytic enzymes)	2	1	1	1
Acetyl L Carnitine (500 mg)	1		1	
PRESCRIPTION DRUGS				
Prezista (darunavir) 600 mg				1
Warfarin	6 mg			
Armour thyroid 60 mg	60 mg			
Liot hyronine sodium 25 mcg	25 mcg			
Naltrexone 4.5 mg*				1
*Intravenous vitamin C 75 grams 1x week, if poss.				
Modafanil (as needed, rarely)	200 mg			