



What Does Dr. G Take, and Why?

The Series: Introduction

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Several times per week, my patients ask what supplements I take and why. I've resisted the impulse to divulge what I take as I consider this as personal a question as what form of meditation I practice. However, in a world where the NSA knows everything about me, I figured my patients should too!

As most of you know, I consider supplements a "unique line of intelligence" to explore in our multi-faceted journey to vibrant wellness. Complementary to our nutrition, exercise and stress management practices, I find that supplements provide the greatest benefits when combined synergistically to an already healthy lifestyle. As everyone has unique goals, just because I take these supplements in no way am I implying everyone should also follow my lead. Furthermore, as I am always "playing" with new supplements, my list will be ever-changing. Thusly I will focus in our series on the old standbys first and finish with whatever I am currently experimenting with.

I currently take my nutritional supplements three times per day. As I get up very early in the morning for my meditation, yoga, exercise, and reading routine, I take anything that needs to be taken on an empty stomach with my morning cups of coffee and take my "with food" supplements twice per day usually with breakfast and dinner.

Our intro will simply contain a summary of the supplements I take, including brand and dosage, with a couple of words as to my personal reason for taking that nutrient.

Caveat: unless you personally know the company's manufacturing practices, taking any supplement from other companies with similar products must be considered "take at your own risk".

So without further ado:

Early AM – empty stomach:

- SAMe (Source Naturals) 400 mg, 1 tab - mood, joint health
- Membrin (OrthoMolecular) a ginkgo, vinpocetine, huperzine A combo - 1 cap taken five days on, two days off for memory.
- A-Drenal (RLC Labs) 2caps - a multi-herb, glandular combo for stress hardiness
- CDP-Choline (Cardiovascular Research) 250 mg caps, 2caps - memory
- DHEA (Douglas) 50 mg, 2caps - stress hardiness
- PRObiotic 225 (OrthoMolecular) part of a monthly rotation of good probiotics for GI and immune health.

Breakfast Supplements (breakfast is usually a handful of nuts with a heaping teaspoon of coconut oil):

- Cod Liver Oil (Carlson) – one tbsp. – actually a “swig” - source of essential fats EPA/DHA
- Vitamin E – mixed tocopherols (Unique E) 400IU, 2 caps - fat soluble antioxidant
- Vitamin D (Carlson) D₃ 4000IU, 3-4 caps - immune support.
 - I keep my D₃, E, and Cod Liver Oil in the fridge together and take these three just once per day
- Omaprem: 2 caps - green lipped mussel extract for inflammation support
- WholeMune (OrthoMolecular) 1 cap - beta glucan for immune support
- Alpha Lipoic Acid (Source Naturals) 300 mg, 1 tab - biphasic antioxidant
- Acetyl-L-Carnitine (Source Naturals) 500mg, 1 tab - memory support
- N-Acetyl Cysteine (Source Naturals) 600 mg, 1 tab - liver and sinus support
- Co Q10 (Source Naturals) 100mg, 1 cap - vascular support
- Multivitamin: I rotate several, currently UltraPreventive X (Douglas Labs) 4 tabs
- Cognitive Formula (Gaia Herbal) 2 caps - herbal combo for memory support
- Pure Weigh FM (Pure Encapsulations) 1 cap - weight support herb combo
- Green Tea Fat Metabolizer (Irwin Naturals), 2 caps - weight support combo
- Trans-Resveratrol (Source Naturals) 200mg, 1 tab - inflammation support
- Meriva Turmeric (Source Naturals) 500mg, 1 cap - inflammation support

Dinner Supplements (most repeat from the AM)

- Alpha Lipoic Acid (Source Naturals) 300 mg, 1 tab - biphasic antioxidant
- Acetyl-L-Carnitine (Source Naturals) 500mg, 1 tab - memory support
- N-Acetyl Cysteine (Source Naturals) 600 mg, 1 tab - liver and sinus support
- Co Q10 (Source Naturals) 100mg, 1 cap - vascular support
- Cognitive Formula (Gaia Herbal) 2 caps - herbal combo for memory support
- Pure Weigh FM (Pure Encapsulations) 1 cap - weight support herb combo
- Green Tea Fat Metabolizer (Irwin Naturals), 2 caps - weight support combo
- Trans-Resveratrol (Source Naturals) 200mg, 1 tab - inflammation support
- Meriva Turmeric (Source Naturals) 500mg, 1 cap - inflammation support
- UltraPreventive X (Douglas Labs) 4 tabs
- Tocotrienols – vitamin E (Unique E) 125 mg, 2 caps - balancing vitamin E activity

So that is my basic routine, which comes to around 50 capsules/tablets total daily. I will be doing articles on each of these supplements to review the supporting literature. Usually I'll have premade AM and PM baggies, which are especially helpful when traveling or just going out to dinner!

Your Journey to Health & Healing,
Gary E Foresman MD