



Basic Nutritional Protocol

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- **A Good Multivitamin:** Beyond providing B vitamins, a multivitamin is meant to provide supportive nutrients to enhance immunity and inflammation regulation. **Maximum Vitality** (Rejuvenation Science) 2 tablets twice daily with food is my current “best-value” pick. **Ultra Preventative – X** (includes many phytonutrients for those with low fruit and vegetable intake) by Douglas Labs is another good option at 4 tabs twice daily with food. Centrum and its knock-offs have been proven to do *nothing* good. I no longer recommend “Life Force Multi” as its formula has not kept pace with scientific research, although it is certainly not a “bad” multi. Taking additional “methylator Bs” (B6, B9-folate, B12), all in their activated/methylated forms may be necessary in addition to a good multi to lower homocysteine. Furthermore, one must be very judicious in recommending methylator Bs if someone has an active cancer diagnosis.
- **“Vitamin” D3 with K2:** These synergistic nutrients are meant to be taken together as taking one in far excess of the other leads to imbalance. D3 is actually a steroid hormone. Start with **K Force** (OrthoMolecular) which has 5000 IU of D3 and 180 mcg of the correct MK7 version of vitamin K2. Most people require 5,000-10,000 IU of D3 to get optimal serum levels of 70-90 ng/ml. D3 with K2 is the most important anti-aging hormone and immunomodulator.
- **EPA/DHA – The Omega-3 “Fish Oils”:** My primary recommendation is **OrthoMega** by OrthoMolecular as it is in the superior “triglyceride” form, dosage of 2 caps once daily. I still like **Carlson Cod Liver Oil/Fish Oil** at one “swig” (tbsp) per day! A good dosage of standard ethyl ester EPA/DHA is 2500 mg per day, this equates to 1600-1700 mg per day of the triglyceride form due to its superior absorption. I find similar dosage requirements for the monoglyceride form like **MonoPure** by Xymogen 2 caps daily. EPA/DHA help make up every cell membrane in the body, imperative in intercellular communication and inflammation regulation.
- **CoQ10:** Whether viewed as a “mitochondrial” nutrient as in America, or as an anti-inflammatory/anti-oxidant as in Europe, or as a “cardiovascular health” nutrient as in Japan, the many roles of this ubiquitously present ubiquinone (CoQ10) still remain to be elucidated. Furthermore, the reason as to why, decade by decade, levels of CoQ10 have been dropping in us humans also needs further inquiry. The cumulative effects of toxic chemicals in our environment, especially glyphosate (Round-Up) appears the most likely reason. Most people require **200-300mg CoQ10 (many good brands) once daily** to keep serum levels *above 2.0 mg/L*, which is the actual normal/optimal range. I have not been convinced that ubiquinol is any better or worse. Along with drinking coffee, taking fish oils and CoQ10 make up the three most important “brain nutrients” that exist.
- **Probiotics:** Due to the importance of our “microbiome”, the 10 times as many organisms that live within us than we have total cells in our body, I can strongly argue that most of us should

take probiotics if we don't routinely eat live-cultured fermented foods. So many factors negatively influence our microbiome, including most medicines, not just antibiotics, as well as travel, recurring infections, that it just makes sense to supplement probiotics to enhance our own immunity. Most authorities recommend a monthly rotation of good probiotics, including at least one spore-based probiotic. **MegaSporeBiotic** (MicroBiome Labs) one cap twice daily with or without food is one such probiotic. "Old standbys" that I have recommended for many years (like **OrthoBiotic** from OrthoMolecular and **TheraLacPro** and **TruBifidoPro** from Master Supplements, and many more) have been helping with so many conditions from gastroesophageal reflux (GER/"heartburn") to "Leaky Gut Syndrome" (Intestinal Hyperpermeability) to Small Intestinal Bacterial Overgrowth Syndrome (SIBO) to just plain old constipation/diarrhea and irritable bowel syndrome (IBS) that most everyone would benefit from finding two or three probiotics that they rotate through on a monthly basis.

- **Melatonin: Melatonin CR 5 mg (Xymogen) 1 capsule nightly for everyone over 50 years old!** Along with vitamin D, melatonin is my only universally recommended "anti-aging" hormone. The age-related decline in pineal function that leads to a 50% average reduction in melatonin levels by 50 y/o and near zero by 70y/o is the single greatest hormonal influence on cancer risk with age. I am not recommending melatonin to help you sleep! I am recommending it to balance mitochondrial function (synergy with CoQ10), promote normal immunity especially in the face of COVID. Lower doses and immediate release forms can be used at any age to help with sleep.

There you go, a simple basic nutritional protocol for everyone. Yes, I still love Vitamin C with Bioflavonoids, and alpha lipoic acid, and vitamin E with the four tocopherols and four tocotrienols taken at different times of day, and Magnesium in all its myriad chelates! Take good care of yourselves, and thank you for trusting us as you travel along your individual wellness path.

Although there are many other healthy vitamins and supplements to consider for specific conditions, this is a good start on nutrients to support a general healthy lifestyle including exercise, stress-management and a good whole-food, Paleo diet, rich in fruits and vegetables and low in processed foods.

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