

When to Take What How and Why - a general guide

CAUTION: If you have kidney disease check with your doctor first as then many foods, supplements & drugs cannot be taken

WHAT	WHAT SORT	HOW	WHEN	WHY	WHEN NOT	TOO MUCH
Carnitine	finest powder	in a little water	first thing morning	Fatigue	kidney disease	diarrhoea
Glutamine	powder or tablet	in a little water	first thing morning	Stress, think clearly	before bed	can't sleep
Taurine	powder	in a little water	first thing morning	Liver tonic	with alcohol	sore full eyes
Tyrosine	powder or tablet	in a little water	first thing morning	for Thyroid	schizophrenia	insomnia
Vitamin A	retinyl palmitate or cod liver oil	swallow with food	any time daily	Glare intolerance, sinus, night blind	peanut allergy or pregnancy	sore full feeling eyes
Vit C	As for blood group	to bowel tolerance	need twice a day	Constipation, flu's	avoid aspartame	diarrhoea
Vit E	natural (soya/wheat or synthetic powder	globule mix with fatty food	take 8 hours away from taking iron	Wrinkles, varicous veins, haemorrhoid	caution - if on warfarin / heparin	need Vit C as well as E
B1	250mg tablets	swallow or crush	any time daily	hoarse voice oedema	safe	none
B2	100mg tablets	swallow or crush	any time daily	Red itchy eyes	safe	none
B3	500mg tablets	swallow or crush	any time daily	Ulcers, hard skin	safe	niacin - flush
B5	250mg tablets (?500mg tabs)	swallow or crush	daily - may need up to 10/day	Hayfever, asthma burning feet,	safe	none
B6	100mg or 250mg	swallow or crush	daily up to 500mg	Nerve pain, nausea	if no symptoms	tabs taste bitter
B12	250 or 1000mcg injection 1000mcg	under tongue or by injection	daily 2 - 4 weekly	Tingling finger/toe memory loss, vague	Safe every day - excess excreted	Thumbnail moons third+
Biotin	300mcg tabs	swallow	any time daily	Diabetes with Chro	safe	no toxicity
Choline	500mg or powder	swallow	any time daily	Muscle weakness	safe	fishy B O
Folic Acid	500mcg tabs	swallow	any time daily	No moon on thumbs	Epilepsy	pink moons++
Lipoic acid	100mg capsules	may need 6/day	daily	Blood sugar up	if iron low	protects liver
Essential Fatty Acids	salmon or emu oil or for blood group	oil or cap with food if tends to repeat	daily	Dry skin, dandruff cholesterol, ear wax	Need more Vit E when on EFA	put on extra weight
Hydrochloric Acid	tabs, lemon juice or apple cider vinegar	straight or in only a little water	immediately before each meal	Indigestion, reflux as digestive aid	if gastric symptoms worsen	dyspepsia after meal & HCl
Gelatine	powder	dissolve tea/coffee	1-3 teasp per day	Painful joints	if reaction to gel	none
Co Q10	capsules	swallow	daily	Heart valve, energy	if on warfarin	protects liver
Boron	Borax powder	lick off end finger	empty stomach	Arthritis, fractures	if B2 too low	nausea
Calcium	NOT USUALLY NEEDED in WA - take magnesium & boron for osteos				tight muscles	cramps
Chromium	200 -1000mcg tabs	swallow or crush	empty stomach	Diabetes with biotin	kidney disease	safe
Copper	USUALLY TOO HIGH in WA - Take extra Zinc & Molybdenum to lower levels of copper					fatigue, cancer
Iron	250mg -500mg ferrous sulphate	with extra acid ie C lemon/apple cider	only if low level take 8 hour from E	Pale hand creases blue whites of eye	haemochromatosis, stroke	constipation nausea
Magnesium	chelated tablets or chelated powder	swallow, on tongue or in yoghurt/fruit	twice a day on empty stomach	Muscle aches cramp can't keep still	kidney or some heart disease	diarrhoea tummy upset
Manganese	chelated 200mg	may need 1-6/day	empty stomach	Tendons, tinnitus	liver disease	diarrhoea
Molybdenum	chelated capsules	100mcg -1000mcg	empty stomach	Thrush, candida	gout	low copper
Potassium	Slow K, Duro K or chelated tabs	NB palpitations if too low or too high	daily - check dose with blood test	Hot flushes, swelling bladder infections	on some blood pressure drugs	palpitations rapid pulse
Selenium	tablets or drops	put drops in water	empty stomach	Cancers	not with other tab	nausea
Silver	colloidal	drink 10-200ml	empty stomach	To fight infections	bottle light expos	dehydration
Sulphur	MSM powder	1 teaspoon	with water/juice	Painful joints	As safe as water	None known
Zinc	chelated 220mg	1 - 6 tablets/day for bad temper or sleep	at night on empty stomach	Poor sleep, memory loss, to detox copper	if copper is too low	metallic taste in mouth