



Supplement Cheat Sheet

Acetyl L-Carnitine Mitochondrial Support

Allithiamine is B vitamin, detox, mineral support

Buffered Vitamin C anti-oxidant

Carnosine naturally occurring amino acid/ antioxidant that improves speech and cognition

EPA 180 mg/DHA 120 Mg w/CoQ10 anti- inflammatory, immune modulator, mitochondrial support

Folinic Acid methylation support

GABA calming neurotransmitter, balances glutamate toxicity

Inosine nucleotide, antiviral effects

Inositol precursor of phospholipids, facilitates nerve impulses

Mag (citrate/malate) enzyme cofactor, mild laxative, calms neurologically

Mega EPA anti-inflammatory, immune modulator, mitochondrial support

Mega Probiotic- ND optimizes digestion, gut function, corrects dysbiosis

Melatonin sleep aid, increases glutathione

P5P50 (activated B-6) co factor in transsulfuration, detox

Phosphatidyl Serine supports attention and focus

Probiotic Synergy optimizes digestion, gut function, corrects dysbiosis

Riboflavin-5 Phos B2 activates B6

Saacharomyces Boulardii probiotic, mimics yeast, detox for yeast

Super D3 anti-oxidant

Taurine sulfur donor, good for detox, increases activity of NK cells

Vitaspectrum Capsule Formula complex multivitamin

Zinc Picolinate co factor in enzymes reaction, improves cognition



AdrenaCalm calms adrenal system thereby improving attention, memory, mood, anxiety

Berberine Complex anti-yeast (barberry, organ grape, and golden seal)

BioFilm Defense anti-PANDAS, enzyme support product

EDTA poorly absorbed oral chelator, part of biofilm PANDAS protocol

LDM 100 immune modulator, anti-viral

Pure Minerals multiple minerals in one capsule

VRM 1 anti-parasitic, herbal probiotic

VRM 2 anti-parasitic, herbal probiotic

VSL 3 potent probiotic