

Supplement	Nutrients	Supplier	Dosage	Doses Per Bottle	Doses per Day	Protocol	Total Supply (Days)	Cost per bottle	Cost per Day	Purpose	Regimine
100% Pure Resveratrol	Resveratrol (Polygonum Cuspidatum)	aSquared NUTRITION	1000 mg	90	0.5	Daily (M)	180	\$29.99	\$0.17	Longevity/Energy/Sleep	Continuous
PQQ	Pyroloquinoline Quinone	Nutricost	20mg	60	1	Daily (M)	30	\$11.50	\$0.19	Energy	While CFS continues
Sea-Iodine	Iodine	LifeExtension	1000 mcg	100	1	Daily (M)	100	\$10.49	\$0.10	Thyroid Support	Continuous
Gaia Herbs Adrenal Health Daily Support	Siberian Rhodiol root extract	Gaia Herbs	120 mg	60	1	Daily (M,N)	60	\$34.00	\$0.57	Adrenal Support	While CFS continues
Gaia Herbs Adrenal Health Daily Support	Holy Basil leaf supercritical extract	Gaia Herbs	32 mg	30	1	Daily (M,N)	30	\$0.00	\$0.00	Adrenal Support	While CFS continues
Gaia Herbs Adrenal Health Daily Support	Proprietary Extract Blend (Oats milky seed extract, H	Gaia Herbs	520 mg	30	1	Daily (M,N)	30	\$0.00	\$0.00	Adrenal Support	While CFS continues
100% Pure Creatine	Creatine Monohydrate	BulkSupplements	5 g	200	1	Daily (N)	200	\$20.96	\$0.10	Brain Health/Energy	Continuous
L-Theanine Powder	L-Theanine	BulkSupplements	200 mg	1000	1	Daily (M)	1000	\$16.96	\$0.02	Energy/Mood	Continuous -
Vitamin D3	Vitamin D3 (cholecalciferol)	naturewise	5000 IU	360	2	Daily (M,N)	180	\$14.58	\$0.08	Everything	Continuous
TRU Niagen	Nicotinamide Riboside	TRU Niagen	300 mg	30	1	Daily (M,N)	30	\$39.99	\$1.33	Energy	Continuous
(TMG) Betaine Anhydrous Trimethylglycine	Betaine Anhydrous Trimethylglycine	BulkSupplements	1000 mg	1000	1	Daily (M)	1000	\$22.96	\$0.02	Energy/Inflammation	Continuous
Alpha lipoic acid	ALA (Alpha-Lipoic Acid)	Nutricost	300 mg	240	2	Daily (M,N)	120	\$16.10	\$0.13	Energy/Inflammation	Drop to 1 dose daily after 9 months
Acetyl-L-carnitine	Acetyl-L-carnitine	Nutricost	500 mg	180	2	Daily (M,N)	90	\$13.95	\$0.16	Energy/Inflammation	Drop to 1 dose daily after 9 months
NAC	NAC (n-Acetylcysteine)	NOW	600 mg	250	2	Daily (M,N)	125	\$17.27	\$0.14	Energy/Inflammation	Drop to 1 dose daily after 9 months
D-Ribose	D-Ribose	BulkSupplements	500 g	100	2	Daily (M,B)	50	\$25.96	\$0.52	Energy/Inflammation	Drop to 1 dose daily after 9 months
L-Lysine Complex	Vitamin C (as ascorbic acid)	Amazon Elements	50 mg	195	2	Daily(M,N)	98	\$12.34	\$0.13	Antiviral	While CFS continues
L-Lysine Complex	Calcium (as dicalcium phosphate and calcium stearate)	Amazon Elements	15 mg	195	2	Daily(M,N)	98	\$0.00	\$0.00	Antiviral	While CFS continues
L-Lysine Complex	Deodorized Garlic bulb	Amazon Elements	100 mg	195	2	Daily(M,N)	98	\$0.00	\$0.00	Antiviral	While CFS continues
L-Lysine Complex	Echinacea purpurea aerial parts extract	Amazon Elements	50 mg	195	2	Daily(M,N)	98	\$0.00	\$0.00	Antiviral	While CFS continues
L-Lysine Complex	Bee Propolis	Amazon Elements	13 mg	195	2	Daily(M,N)	98	\$0.00	\$0.00	Antiviral	While CFS continues
L-Lysine Complex	Licorice root extract	Amazon Elements	8 mg	195	2	Daily(M,N)	98	\$0.00	\$0.00	Antiviral	While CFS continues
Glycine	Glycine	BulkSupplements	1000 mg	1000	15	Daily (M,N,E,B)	67	\$21.96	\$0.33	Immune System	Continuous
Fish Oil	Fish Oils	NATURE'S BOUNTY	1400 mg	130	1	Daily (E)	130	\$17.99	\$0.14	Inflammation	Continuous
Fish Oil	EPA (Eicosapentaenoic Acid)	NATURE'S BOUNTY	647 mg	130	1	Daily (E)	130	\$0.00	\$0.00	Inflammation	Continuous
Fish Oil	DHA (Docosahexaenoic Acid)	NATURE'S BOUNTY	253 mg	130	1	Daily (E)	130	\$0.00	\$0.00	Inflammation	Continuous
CoQ10	CoQ10 (coenzyme Q10)	Doctor's Best	100 mg	120	2	Daily (E)	60	\$14.25	\$0.24	Energy	Drop to 1 dose daily after 9 months
Magnesium Glycinate	Magnesium Glycinate	BulkSupplements	401 mg	113	1	Daily (B)	113	\$13.96	\$0.12	Sleep/Energy	Continuous
Valerian Root extract	Valerian root (VALERIANA OFFICINALIS)	Nature's Answer	1000 mg	60	1	Daily (B)	60	\$14.29	\$0.24	Sleep	Continuous

Total Daily:	\$4.73
Total Monthly:	\$141.86

Nutrient Dense Foods	Purpose	Frequency
6 eggs	Choline	Daily
1 Avocado	Multivitamins	Daily
2 slices bacon	Protien/Fat/Choline	Daily
4 servings fruit (oranges/berries)	Multivitamins	Daily
2-4 oz cheese	Protien/Fat/Choline	Daily
0.75-1 lb meat	Protien	Daily
Whole Starch (like potatoe)	Multivitamins	Daily
8 oz Liver	Choline/B12/Magnesium/Lots of stuff	Weekly