

Supplements for LINDY GERBER – 2023

		Dosage	Frequency
	General Health Maintenance:		
	BioTress (BioMedica)	1Cap	Daily
	(broad spectrum multi-nutrient supplement)		
	Livatone Plus (Cabot Health)	1Cap	Daily
	EPA/DHA 2:1 (Dr Mercola Krill Oil+ Astaxanthin)	1Cap	Daily
	NeurOMEGA BioPractica (DHA 300mg; EPA150mg)	1Cap	Daily
	Zinc Picolinate (Thorne) <i>(just removed from list)</i>	15mg	1c x2 Daily
	Vitamin D3 (Blooms)	1000IU	Daily
	Ferrasorb Biglycinate Chelate (Thorne)	36mg	Daily
	Calcium Complete (Cabot Health)	280mg	Daily
	Vit C complex (Biomedica C-Max)	1/4tsp	Daily
	digestion: Prebiotics (from Dietician)		
	Guar Gum Partially Hydrolysed (PHGG)	1/8tsp	x2/week
re Histamine	Hemp seed	1/8tsp	x2/week
Pycnogenol	K Fibre	1/8tsp	x2/week
	Inulin	1/8tsp	x2/week
re Salycilates	MCT	1/4tsp	x2/week
No-Fenol	Flaxseed Meal (brown org. Stoney Creek)	1 tbs	x2/week
	water kefir/Tibicos	1/8 cup	Daily
	(used instead of SB Flora)		
	Hot flushes:		
	Alpha-Lipoic Acid 600 (Doctor's BEST)	600mg	1c x2 Daily
	Nails:		
	Boron (Life Extension)	3mg	Daily
	Chromium Picolinate (Source Naturals)	200mcg	Daily
	Vanadyl Sulphate (Source Naturals)	10mg	Daily
	Biotin sustained release (NaturesPlus)	10mg	Daily
	BioSil ch-OSA silica	5 drops x2	Daily
	Joints/flexibility/recovery:		
	GOPO® (Rose-Hip Vital)	5g scoop	x2 Daily
	(glycoside of mono and diglycerol)		
	Post-exercise: L-Glutamine powder	6g scoop	
	covid prevention/immune support:		
	Glutathione Reduced (Jarrow Formulas)	500mg	Daily
	Quercetin Lipomicel (Bioclinic)	500mg	1c x2 Daily
	zinc (as above) <i>(just removed from list)</i>	5mg	1c x2 Daily
	Vitamin D3 (as above)	1000IU	Daily
	Dr Zachariah		
	<i>Tribulus (just removed from list)</i>	1	Daily
	Adrenotone	1	x2 Daily
	Hydrozyme	1	x2 Daily
	MassZymes	2	x2 Daily
	CoQ10	1	x2 Daily
	<i>K2 (just removed from list)</i>	1	Daily
	LDN 5	0.9ml	Daily
	Fibroplex MagActive	x2	Daily
	NAD+ nasal spray	2 doses	x2 Daily
	5-HTP	2.5 scoops	Daily
	Cognisense Pro	1	Daily
	NAC (NOW Foods) <i>(just restarted)</i>	2x 600mg	x2 Daily