

JOHN REED MILLER

DATE OF BIRTH: December 31, 1952

SUPPLEMENTS

1.	Meriva-SR (curcumin) – Thorn	M-2	N-2
2.	Rosemaria (KAPREX) - Metagenics	M	N
3.	L-Carnosine 500mg - Pure Encapsulations	M	
4.	Nadovim (Nicotinamide adenine dinucleotide)	M	N
5.	Vitamin D3 – Pure Encapsulations/ Thorn 1000 I.U.	M	
6.	Calcium Citrate – Pure-Encapsulations	M	N
7.	Magnesium Glycinate – Pure Encapsulations		N - 2
8.	Lactal B probiotic (Lactobacillus bulgaricus)	M	
9.	Embryo – Wheat Embryo	M	N
10.	Cucurbita (pumpkin seed)	M	N
11.	Oncoplex	M	
12.	Zinc Citrate 25mg	M	
13.	Saw Palmetto / Pygeum / Nettle	M	N
14.	P5 P50 (B6)	M	
15.	Alpha GPC 300mg	M	N
16.	Magnolia Extract 200mg	M	
17.	Oil of Oregano	M	
18.	Blackseed Oil	M	N
19.	Pterostilbene 50mg	M	
20.	Pure Melatonin – TERI ORDERS FROM CENEGENICS	NOT IN PILL PACKETS	
21.	Resveratrol Plus	M	
22.	Lactoferrin BIOQUAD	M	

MEDICATIONS

1.	Celebrex 200mg capsule (Celecoxib)	M	N
2.	Metformin HCL ER 500mg (Glucophage)	M	N
3.	Prilosec (omeprazole) 40mg capsule		
4.	Carafate 10 mLs (1g) – 4 times daily		

MORNING SHAKE

1. Barleans Olive Leaf Complex – 1 TBSP
2. Beyond Balance IMW-R – 15 drops
3. Fruit Anthocyanin – 1 tsp
4. Metagenics Bio-Pure Protein Powder
5. Maitake D Fraction – 20 drops