

NEW ITEMS ADDED 20/12/2023 BY PROF COSFORD		PROF COSFORD CHANGES TO EXISTING MEDS DOSAGE		
<u>Contents</u>	<u>Product &amp; amount of active ingredient</u>	<u>Amount</u>	<u>Duration</u>	<u>For</u>
<b><u>* TO BE TAKEN - REGULARLY</u></b>				
Healthy Joints	Source sulphur - detox, gut, joints.	1 x teaspoon, twice a day, During breakfast & Dinner	Depends on Oligoscan	
Silicium	BioMedica Silicium 60g Powder	1 x teaspoon, twice a day, During breakfast & Dinner	Depends on Oligoscan	Aluminium
Mineral 650	Pure Encapsulations Mineral 650 (without copper and iron) 180 Capsules	2 x capsules, twice a day, During breakfast & Dinner	Depends on Oligoscan	Chromium, mineral support
Activated B Vitamins	BioMedica BioActivated B 60 Capsules	2 x capsules, twice a day, During breakfast & Dinner	Depends on Oligoscan	In Addition to existing B supplements
Life Powder	LIFE (Lyophilized Indigenous Food Essentials) Australian Functional Ingredients (wildfoodnutrio.life) 150g	1 x teaspoon, twice a day, During breakfast & Dinner	Ongoing	Mix together; take in water
Acai Berry Blend	Nutra Organics	1 x teaspoon, twice a day, During breakfast & Dinner	Ongoing	Mix together; take in water
Calm X	Metagenics CalmX (482g container) Magnesium Revaya (Prof Cosford) orders@nbcc.net.au	1 x teaspoon, twice a day, During breakfast & Dinner	Ongoing	Brain, Magnesium combination
Cod Liver Oil	Carlson Wild Norwegian Cod Liver Oil (300 caps) Check online Revaya	2 x capsules, twice a day, During breakfast & Dinner	Ongoing	EFA brain; Vit A, Vit D arctic
Alkamax	Abundant Life Alka Max (150g container) Revaya (Prof Cosford) orders@nbcc.net.au	1 x teaspoon, last thing before bed	Ongoing	<b>Last thing at night, 1 ½ hours after eating; alkalinise gut</b>
Brain calming herbs	MediHerb 200ml Revaya (Prof Cosford) (They make it up)	20 drops before breakfast & 20 drops before bed	Ongoing	Neuroinflammation brain
Augmented NAC	Augmented NAC (N-acetyl cysteine) 90caps Revaya (Prof Cosford) orders@nbcc.net.au www.augmentednac.com	1 x capsule, twice a day, During breakfast & Dinner	Ongoing	Neuroinflammation; glutathione

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Strep Gut Herbs	Strep Gut Herbs, MediHerb 200ml Revaya (Prof Cosford) (They make it up)	20 drops before breakfast & 20 drops before bed	Ongoing	Reduce/kill off Strep
P5P (Pridoxine)	PURE Encapsulated P5P 50 (60 caps)	1 x capsules, twice a day, During breakfast & Dinner	Ongoing	Neurotransmitters ? SNPS
HM Complex	PURE Encapsulations HM Complex (180 caps)	2 x capsules, twice a day, During breakfast & Dinner	Ongoing	Clear toxins, heavy metals
Zeolite (Zeopina)	Alchemiist Zeopina (200g)	1 x teaspoon, twice a day, During breakfast & Dinner	Ongoing	Bind in gut, carry out
PHGG (Lax Pro/PHGGLax Pro/PHGG)	Ariya Purity PHGG (Powder 800grams)	1 x teaspoon, twice a day, During breakfast & Dinner	Ongoing	Prebiotics; feed correct bacteria
Metox/Gabba/ Hb Cerebra	Revaya (Prof Cosford) orders@nbcc.net.au	2 to 3 drops - 2 to 3 tims a day, away from food.	Ongoing	
Vit D	Thorne D-5000, 60 Capsules <b>125mcg per tablet</b>	2 x tablets, twice a day, During breakfast & Dinner	Immediate Future	Energy Levels, General Health
Probiotics <b>D-lactate free</b>	Spectrum Cueticals <b>Pro4-50</b> Natural Chemist Sydney via my online account or Pittwater Pharmacy online	1 x capsule, twice a day, During breakfast & Dinner	Ongoing	Label doesn't state it but this is D-lactate free. Spoke to chemists who confirmed it has the bacteria that produce no or low D-lactate. See papers in folder \Rick\CFS & Claim\D-lactate free probiotics.
B-Stress - Activated B Group	Thorne Stress B-Complex, 60 Capsules	1 x tablet a day in the morning	Always (Lifetime)	MTHFR(A1298C) Gene Mutation Homozygous, effects brain and mood
Trans-Resveratrol	NOW Foods Natural Resveratrol 200mg, 120 Veg Capsules <b>200mg per tablet</b>	1 x tablet per day	Immediate Future	Energy Levels, General Health
Vit C	Thorne Vitamin C with Flavonoids 180 Capsules <b>500mg vit C per tablet</b>	<b>MAX 1000mg per day</b> with meal <b>1 x tablet</b> , 2 times a day	Immediate Future	Energy Levels, General Health
Zinc	Thorne Zinc Picolinate <b>15mg per tablet</b>	2 x 15mg tablest per day	Immediate Future	Energy Levels, General Health

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Manganese	Thorne Manganese Bisglycinate <b>15mg per tablet</b>	<b>1x tablet per day</b>	Immediate Future	Energy Levels, General Health
Multi vitamin	Thorne Biomins 2, without Copper & Iron, 120 Veg Capsules	<b>REDUCE TO ONE TABLET PER DAY</b>	Always (Lifetime)	Energy Levels, General Health
BIOHAWK Relief	Biohawk R200 Relief (Natural digestion aid) 200g <b>Buy from Bedford Medical Clinic, much cheaper than online</b>	<b>1 level teaspoon once a day after breakfast</b> mix with water. (for 60Kg of body weight)	Probably around 6 months approx mid May	Enzymes against possible underlying virus.
BIOHAWK Pine Crush	Biohawk Pine Crush Powder 35g <b>Buy from Bedford Medical Clinic, much cheaper than online</b>	1/2 teaspoon mixed with liquid, 1 times a day <b>before Breakfast.</b>	Probably around 6 months approx mid May	Enzymes against possible underlying virus.
Low Dose Naltrexone	Prescription from Bruce, Marion Compounding Pharmacy	Take 1 x 4.5mg capsule per day in morning		
<b>* TO BE TAKEN - OPTIONAL</b>				
Co-Q10	Now Co-Q10 <b>100mg per tablet - (take 300mg per day)</b>	1 x tablet, 1 times a day	Immediate Future	Energy Levels, General Health
Phenergan	10mg Tablet	1/2 tablet per night (5mg)		To help sleep if needed
Melatonin (if Needed)	Natrol, Melatonin, Time Release, (5mg if struggling with sleep)	Taken at 9:30pm Rick takes 1 x tablet a day	Immediate Future	Regulate sleep cycle
Acetyl L Carnitine	NOW, Acetyl-L-Carnitine, 60 Capsules <b>500mg per tablet</b>	1 x tablet a day in the morning		
tri-Sodium Citrate	ACE Chemical Company (Adelaide) <b>Food Grade</b>	<b>1 table spoon spread out over the day</b>	<b>(If in payback increase back to 4 teaspoons daily)</b>	
NADH	NOW Foods NADH 10mg, 60 capsules iHerb	1 capsule twice a day	Ongoing at this stage.	Neurotransmitter Support
Raw Honey & live Yoghurt, Seeds		1 x table spoon of raw honey with 1 cup of live yoghurt <b>twice a day</b>	Morning and night for 2 weeks	To increase good gut bacteria

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<b><u>NOT CURRENTLY TAKING</u></b>				
r-(alpha)lipoic acid	Thorne R-Lipoic Acid, 60 Capsules <b>100mg per tablet</b>	1 x tablet, twice a day	Immediate Future	Energy Levels, General Health
D-ribose	Life Extension D-Ribose Powder, 150g tin or larger	1 x teaspoon per day	Immediate Future	Energy Levels, General Health
Lipids Various	Nutricology NTFactor EnergyLipids Chewables, 60 Chewable Tablets <b>918mg Lipid Blend per tablets</b>	1 x tablet, twice a day	Immediate Future	Energy Levels, General Health
Magnesium Threonate	LifeExtension Neuro-Mag, Magnesium L-Threonate <b>Suggested serving of 3 tablets contains 144mg of Magnesium (from 2000mg of Magnesium L-Threonate)</b>	3 x Tablets, <b>stagger 1 hour after Vit C</b> (400- 600mg of elemental magnesium)	Immediate Future	Regulate sleep cycle
Phytaxil	Biomedica Phytaxil herbal antibiotic to reduce strep. Pamela Crosby or naturalchemist.com.au	Start 1 capsule 3 times a day, if ok up to 2 capsules		NOT CURRENTLY TAKING
<b>Mutaflor type Probiotic</b>	Prescription from Buce, Marion Compounding Pharmacy	From day 3 onwards take 4 Capsules a day for 8 weeks- SEE NOTE	<b>Day 1-2 take 3 x Capsules a day</b>	
Mometasone Furoate	Dr Simon Carney ENT Terry White Compounding Pharmacy	STOP TAKING	TO BE REPLACED SHORTLY	
NAC Nasal Spray	NAC in Xylitol Sinus Cleanser 30ml Pittwater Pharmacy via Revaya	Waiting on instructions		NEVER STARTED TAKING