

DrB's Personal Evidence-Based Supplement Grid*
Version 15Nov17

<i>Brand Name/Description</i>	<i>Dose/Frequency</i>	<i>Purpose in my health</i>	<i>Brand/Source</i>
<i>Monopure/Fish Oil</i>	1 capsule daily	Cardiac and Brain Health	Xymogen/Office
<i>Inflavonoid Intensive Care</i> Anti-Inflammatory Herbal Extracts	1 daily	Joint Health	Metagenics/Office
<i>Resveratin/Resveratrol + Pterostilbene</i>	1 daily	Longevity & Healthspan**	Xymogen/Office
Nicotinamide Ribose	250 mg daily	Longevity & Healthspan**	Thorne/Store/Online
<i>Sulfoclear/Sulforaphane</i>	1 capsule daily	Cancer Prevention	Xymogen/Office
<i>Mycotaki/Medicinal Mushrooms</i>	1 tablet	Immune Health	Metagenics/Office
<i>K2-45/Vitamin K2</i>	45 mcg 3d/week	Heart + Bone Health	Xymogen/Office
<i>ALAmx Protect/ALA + berberine</i>	2 caps daily	Glucose and Lipid Control	Xymogen/Office
<i>Red Yeast Rice</i>	900 mg/daily	Lipid Control	Xymogen/Office
<i>CoQmax/CoQ10</i>	200 mg 3 days/week	Cardiovascular Prevention	Xymogen/Office
<i>B-Activ/Activated B-vitamins</i>	1 daily	Migraine Prevention	Xymogen/Office
<i>Regenemax/Orthosilicic Acid</i>	3 days/week	Skin/Hair health	Xymogen/Office
Vitamin D3	5000 units daily	Cancer Prevention	Xymogen/Office
<i>OrganixPhytofoods/Greens + Probiotics</i>	1 scoop in cold water	Cancer Prevention	Xymogen/Office

(*This are based on my individual medical predispositions and may not be relevant to you)

(** Longevity & Healthspan based on research of Leonard Guarente PhD of M.I.T and David Sinclair, PhD of Harvard)

