

Supplement List for Jonathan Barnett

(as of 01/01/2009)

Supplement	Wake Up	1st Food	Midday	Bedtime
VITAMINS, MINERALS & ANTIOXIDANTS				
Vitamin A 23,000 IU/cap	1 tab			
Multi Supplement (Doctor's Choice 50-plus Men) [†]	1	1	1	1
Vitamin C (Jarrow's Buffered C 1000 mg)	1000 mg		(opt.)	
Methylcobalamin 5 mg sublingual tab		1 tab		
Benfotiamine 150 mg		1 tab		
Vitamin B complex		1 tab		
Vitamin D3 2400 IU/cap	1 tab			
Magnesium 250 mg (Nature's Plus Cal/Mag)		1 tab		
Selenium 200 mcg	1 cap		1 cap	
ENZYMES & AMINO ACIDS				
Coenzyme Q10	100 mg		100 mg	
Melatonin (as needed)				
L-Lysine	1000 mg			
Tyrosine 500 mg (up to 3500 mg)	1-2 caps			
5-HTP 100 mg OR L-Tryptophan 500-6,000 mg				1-2 caps
L-glutamine powder		20-40 grams		
L-carnitine powder		3-6 grams		
Nattokinase/serrapeptase	1 cap		1 cap	
Sam-E 200 mg	1 cap			
HERBAL EXTRACTS				
Saw Palmetto 1.1 g	1 cap		1 cap	1 cap
Mushroom extract	1 caps	1 caps	1 caps	1 caps
Olive leaf extract (opt)	1 caps	1 caps	1 caps	1 caps
St John's Wort 430 mg gel cap	1 cap		1 cap	1 cap
Milk thistle 350 mg cap		1 cap		1 cap
OTHER				
Probiotic	1-2 caps			
Glucosamine/Chondroitin	1	1	1	1
DHA oil (omega-3)		1 cap		1 cap
Regenesis (growth hormone spray)	2 sprays			2 sprays
Citricidal grapefruit seed extract 125 mg (opt)	1 tab	1 tab	1 tab	1 tab
N-acetyl-cysteine (NAC) 1000 mg		1000 mg	1000 mg	1000 mg
Alpha lipoic acid	600 mg		600 mg	

[†] Included in multi vitamin formula