

KEY NUTRIENTS FOR LOWERING HOMOCYSTEINE LEVELS

Your H score μmol/L	OK 7-9	High 9-14	Very high 15-19	Much too high more than 20
Folate	250mcg	500mcg	750mcg	1,000mcg
Methyl B ₁₂	250mcg	500mcg	750mcg	1,000mcg
B ₆	20mg	40mg	60mg	80mg
B ₂	10mg	20mg	30mg	40mg
Zinc	5mg	10mg	15mg	20mg
TMG	500mg	1g	1.5g	2g
NAC	250mg	500mg	750mg	1,000mg
Number of homocysteine- lowering supplements, per day	1	2	3	4