

OPIATE PRESCRIPTION

These supplements are recommended to support people coming off heroin, methadone or painkillers, or still suffering from abstinence symptoms having quit.

Supplement	Daily Amount	Taken as	With/without	Notes
D-phenylalanine	1,000mg	500mg × 2	Empty stomach	Best for reducing drug craving
GABA	1,000mg	500mg × 2	With or without food	A high dose can make you nauseous
<i>or</i>				
Glutamine	500mg	250mg × 2	With water, not a hot drink	Hot water (heat) destroys glutamine
with taurine	500mg	250mg × 2	on an empty stomach	
<i>or</i>				
Glutamine alone	8,000mg	4,000mg × 2	With water, not a hot drink	
Tryptophan	2,000mg	1,000mg × 2	Away from main meal	
<i>or</i>				
5-HTP	200mg	100mg × 2	Away from main meal with some carbohydrate	
<i>or</i>				
Tryptophan	500mg	250mg × 2	With a carbohydrate snack	
with 5-HTP	150mg	75mg × 2		

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Supplement	Daily Amount	Taken as	With/without	Notes
Niacinamide <i>or</i> Hexanicotinate	1,500mg	500mg × 3	Any time. With food	Hexanicotinate is a non-blushing niacin
Vitamin C powder*	10g a day or more		Every 1–2 hours throughout the day	
Magnesium	300mg	150mg × 2	Morning and afternoon, can help sleep in the evening. With or without food	Assumes extra 150mg in Basic Supplement Pack
Optional extras:				
NAC (n-acetyl cysteine)	500mg	x 2	Away from main meal (30 minutes before; 2 hours after)	Helps raise enkephalins, improving mood
Turmeric	500mg	x 2	With food (e.g. breakfast and lunch)	Helps enhance detoxification Increases glutathione

Opiate prescription: Notes

D-phenylalanine, as opposed to DL-phenylalanine, specifically raises endorphins (which are much depleted in addicts).

GABA is both an amino acid and a neurotransmitter. It helps you relax. If you take too much it can make you nauseous. So, it is best to increase gradually, starting with 500mg, and not take more than 2,000mg. GABA is classified as a medicine in the UK. It is available from the US for your own personal use. GABA is made from taurine and glutamine. Therefore, the next best thing is to either supplement glutamine on its own, or glutamine plus taurine. Some supplement formulas contain this combination. If you choose to take glutamine on its own, it is most economical to take glutamine powder; 1 rounded teaspoon is about 4g. It dissolves in water and tastes fine. Heat destroys glutamine, so don't put it in a hot drink. (Glutamine powder should not be taken if there is liver damage.) Some people respond better to taurine, others to glutamine. GABA is superior to both.

5-HTP is about ten times more potent than tryptophan. So 100mg of 5-HTP is equivalent to 1,000mg of tryptophan. Tryptophan is only available in supplements, up to 220mg. Therefore, if you take four you will be getting 880mg, close to 1g. Tryptophan is also available on prescription as Optimax in 1,000mg capsules. Some people respond better to tryptophan, others to

5-HTP. The ideal is probably to take some of both. There are no dangers associated with either tryptophan or 5-HTP at these levels provided you are not on antidepressant medication. Many antidepressants stop the body being able to break down serotonin. Therefore, giving large amounts of either tryptophan or 5-HTP is not recommended until you are off antidepressants. A doctor may prescribe both, but you should be under the auspices of a health practitioner to do this.

Niacinamide and **inositol hexanicotinate** are non-blushing forms of niacin (vitamin B₃). There's nothing wrong with niacin, which is cheaper, but it will make you blush, go red, hot and itchy for up to 30 minutes. If you choose to take niacin, take it with meals and make sure you start at a lower dose and can relax, or lie down, when the flushing starts. The more often you take it – for example, twice a day for a week – the less you flush. The flush can leave you feeling deeply relaxed. Some people love it. Others don't.

Vitamin C can cause loose bowels as a temporary phenomenon. Some believe the ideal intake is the level just below that which gives you loose bowels. When you are detoxing very large amounts can make a big difference to minimising withdrawal symptoms. It's not dangerous, so don't be concerned to try large amounts. Just cut back if you get loose bowels, or drink less

frequently. It's a good idea to take magnesium and B₆ when taking doses above 10g a day (this helps prevent calcium oxalate kidney stones). On the first day of heroin withdrawal increase this dose up to bowel tolerance level, which can be as much as 50 grams.

*Buy vitamin C powder. Put 10–20g in a bottle of one-third juice and one-third water. Drink frequently throughout the day. If you get loose bowels, lower the dose until your bowels settle. High doses are for those coming off heroin/methadone and are only needed for a few days. Very quickly, once you are free of your initial withdrawal symptoms, you can stop the high-dose powder and you can start taking basic oral supplements: 2–4g a day. Otherwise supplement 3–4g a day, one with each meal. The Basic Supplement Pack provides 2g, so this means having another 1g or 2g a day.

Magnesium For short-term use only, intakes of 500mg of magnesium can be very helpful. This level, however, is more than you

need on a maintenance programme. Provided you eat greens and seeds most days, supplementing 150–250mg of magnesium a day is sufficient.

Making it easy

Some supplements designed to support normal relaxation contain combinations of nutrients (taurine, glutamine, magnesium and 5-HTP), which help you to sleep or chill out. We will call this kind of combination a 'combination chill/sleep formula'. Some non-blushing niacin formulations contain magnesium. D-phenylalanine comes only as a separate supplement. So, if you pick carefully, you can achieve all these nutrients in more or less the right amounts, by taking three supplements two or three times a day. The chances are you won't need these for long. Your supplement planner will then be:

EASY PLANNER: OPIATE PRESCRIPTION

Supplement	Morning	Afternoon	Evening
*Combination chill/sleep formula	1 mid morning	1 mid afternoon	2 one hour before bed
Niacin 500mg + magnesium	1 with breakfast	1 with lunch	
D-phenylalanine 500mg	1 mid morning	1 mid morning	
Vitamin C powder	throughout the day (until abstinence symptoms abate), then		
Vitamin C 1,000mg	2	2	1

Plus the Basic Supplement Pack (page 388)

*If you are already taking these because you have sleeping problems, there is no need to double up.