

PRESCRIPTIONS

	Month's supply	Morning dosage	Afternoon dosage	Evening dosage
STIMULANT PRESCRIPTION				
Combination stimulant formula	120	2	2	
NADH 5mg	60	1	1	
Chromium 200mcg	60	1	1	
ALCOHOL PRESCRIPTION				
Combination chill/sleep formula	160	1	1	2
Methyl-nutrient formula	60	1	1	
Omega-3 EPA-rich capsule	60	1	1	
Vitamin C 1,000mg	60	1	1	
OPIATE PRESCRIPTION				
Combination chill/sleep formula	120	1	1	2
Niacin 500mg + magnesium	60	1	1	
D-phenylalanine 500mg	60	1(WF)	1(WF)	
Vitamin C powder	Take throughout day (until abstinence symptoms abate), then...			
Vitamin C 1,000mg	120	2	2	2
MOOD PRESCRIPTION				
Mood nutrient formula	120	2	2	
Chromium 200mcg	60	1	1	
Omega-3 EPA-rich capsule	60	1	1	
CHILL-OUT PRESCRIPTION				
Combination chill/sleep formula	120	1	1	2
Niacin 500mg + magnesium	60	1	1	
+ Vitamin B6 25mg	60	1	1	
Valerian 500-800mg	60			2(WF)
DIGESTION PRESCRIPTION				
Digestive enzymes	120	1	1	1
Acidophilus and Bifidobacteria		1		
L-Glutamine powder 4-8g		1-2tsp(WF)		
METHYLATION PRESCRIPTION				
Methylation formula	Dosage depends on your 'H' score			
LIVER-DETOX PRESCRIPTION				
Liver support formula		1	1	
Antioxidant formula		1	1	
L-Glutamine powder 4-8g		1-2tsp(WF)		
SLEEP PRESCRIPTION				
Chill/sleep formula	120	1	1	2
Valerian 500-800mg	60			2(WF)
Niacin 500mg + magnesium	60	1	1	
Vitamin B6, 25mg	60	1	1	

WF means **Without Food** or with a carbohydrate snack e.g. fruit or an oatcake

Always take the Basic Supplements:

- An optimum multivitamin & mineral.
- Additional Vitamin C: ideally with berry extracts (bioflavonoids).
- Essential omega-3 and 6 fats: ideally providing GLA, DHA, DPA and EPA.
- Phospholipid complex: ideally providing phosphatidyl choline, serine, DMAE, TMG and either glutamine or pyroglutamate.
- Take these as **'maintenance'** once your abstinence symptoms have substantially reduced.

Most supplement tubs contain 60 tablets. If you need 120 get two tubs.

If any supplement **duplicates** e.g. Valerian in Chill-Out & Sleep Prescription **DO NOT** double up the dose.

Check your Abstinence System score. Once your total score for these is 5 or your worst abstinence symptoms are two-thirds, switch to maintenance supplements.