



NUTRITIONAL PROTOCOL

With breakfast:

- **Selenium Synergy (Jarrow)** (selenium cysteinate) *2 capsules*
- **Niacin (Natural Grocers)** *500 mg one capsule* (Optional— Increases blood flow to tissues and will speed detox process, but the “flushing” sensation it frequently causes, though safe, can be annoying to some people, your choice.)
- **Niacinamide (Natural Grocers)** *1000 mg one capsule*
- **Monolaurin (Natural Grocers)** *2 capsules*
- **Resveratrol (Xymogen)** *one capsule*
- **CurcuPlex CR (Xymogen)** *one capsule* (Use **curcuplex 95** if sensitive to black pepper)
- **K2-D3 10,000iu (Xymogen)** *1 capsule*
- **NAC (Natural Grocers or vitalnutrients.com)** *600 mg 2 capsules*
- **Multi-Nutrients (vitalnutrients.com)** product has required formulation without iron or iodine) *3 tablets*
- **Ossopan MD (Xymogen)** *2 capsules*
- **Pancreatic Enzyme (vitalnutrients.com)** *1 to 2 or as needed during course of meal* (see also Digestion Protocol)
- **Ultra Pure Fish Oil 700 (vitalnutrients.com)** *3 capsules* (This is of particular importance if diet contains less than four servings per week of small wild caught fish.)
- **Kelp (Natural Grocers)** *1 capsule each Friday*
- **Liposomal Vitamin C (mercola.com)** *1-2 capsules*

With dinner:

- **Selenium Synergy (Jarrow)** (selenium cysteinate) *2 capsules*
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