

<u>Product</u>	<u>Food supplement Acts as</u>	<u>For diet support in/against conditions like</u>	<u>Dosage</u>	<u>Warning / contra- indications</u>
<b>arginine</b>	aminoacid NO donor , vasodil, detox, ins sens	CVD; E.D.;interstit cystitis; male infertil; GH secretagogue	1.5 to 8g/d	reactivate herpes- use with lysine.
<b>bioflavinoi d</b>	antiox, increase vit C	bruising; Varicose Veins, Swelling and piles	3 to 6gm/d	
<b>Carnosine</b>	Muscle/brain antioxidant amino-acid supplement	against; diabetes; cataract; angina; autism(kids); hypertension; Alzheimer's; arthritis; H. pylori ulcer.	Dose: 1/4 to one heaped 1ml measure-full (100-400mg/d) 2x/day, along with the Life! Triple Kit- Life Blend, Life! Enhanced vitamin C & Life! fish oil.	<i>Not for epileptics .</i>
<b>L-acetyl carnitine</b>	energy- fat metab	AD; angina; AMI; CCF; lipidemia; kidney disease; liver; fertility; PVD	1 to 6g/d	
<b>Choline</b>	Choline Neurotransmitter	protein supplement for liver, energy, heart disease	50-300mg/d	o/d - fishy odour
<b>Chondroitin shark</b>	cartilage restorer	OsteoArthritis	400mg tds	

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<b>CoQ10 – Ubiquinone</b>	Potent Antioxidant mitochondrial ATP support	Obesity; Malignancy; Diabetes; HBP; Atheroma Angina; CCF; Cardiomyopathy, Muscular Dystrophy; Gum/Dental disease; Piles; Varicose veins, Swelling	up to 300mg/d	
<b>Creatine</b>	Amino Acid Supplement	For frailty, energy, Parkinson's disease; to build muscle.	1 to 4gm 2-3x/day in water/food.	Beware with kidney failure
<b>N-acetyl cysteine</b>	antiox	lungs; paracetamol o/d; HIV;	600mg/d	NOT with cancer chemoRx, TNT.
<b>DMEA dimehylamino-ethanol</b>	neurotransmitter- Ach	Alzheimer's; ADHD	up to 1g/d	o/d - drowsiness
<b>Calc EDTA</b>	aminoacid chelator	oral detox, antithrombotic	1 to 2 gm/day	
<b>Fish Oil</b>	marine oil EPA + DHA	ADHD; CVD, diabetes, arthritis, depression; cancer, infec, OP, Crohns'; psoriasis	1 tsp 4g/d = 1.2g EPA+ DHA; to 12g/d	bruising

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<b>GABA gamma-aminobutyric acid</b>	temporal lobe "valium", the Major inhibitory AminoAcid neurotransmitter	Brain rhythm control, support of memory & against irritability, anxiety, insomnia, pain epilepsy, schizophrenia, addiction.	up to 1000mg/d	Not for pregnancy/ breastfeeding /child. Reduce dose if day drowsiness.
<b>Glucosamine shellfish</b>	shellfish shell for cartilage	OsteoArthritis	~ 1500mg/d Ideally with eg calmag as antacid.	heartburn/allergy- lower dose. Beware (shellfish) allergy
<b>Glutamine</b>	essential AMINOACID	Build muscle, excercise, endurance, immunity, peptic ulcer; Crohn's	3 to 5gm/d	Avoid with liver/ kidney disease, Reye's syndrome, pregnancy/ breastfeeding.
<b>Glycine (glutathione = glycine+ glutamic A + cysteine)</b>	Natural aminoacid – Anabolic Neurotransmitter	Hypoglycaemia; muscle energy; immunoglobulins; gastric acidity; smelly leucine excess acidosis (low blood pH); Peptic Ulcer.	1/2 to 2gm/d	

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<b>betaine TMG trimethylami no -glycine</b>	methyl donor with F.A., B12, choline, SAME	fatty liver; homocysteine atheroma	2 to 6g/d	perhaps antagonize antibiotics in UTI.
<b>5 HTP hydroxytry pophan</b>	aminoacid precursor serotonin	depression; fibromyalgia; headache; insomnia; weight loss	100 to 300mg/d	n/v/d; confusion; fever; shivering; sweating; spasms
<b>I3C indole 3 carbinol</b>	antiox detox	cancer	100- 400mg/d	
<b>Inositol</b>	neurotransmitter- Aetylcholine	For diabetes; depression, anxiety	100 - 12 000 mg/d	
<b>Lipoic Acid</b>	Antioxidant , energy, insulin sensitiz	For HIV; liver; diabetes; cancer; neuropathy. May improve blood glucose control.	20 to 600mg/d	
<b>lutein</b>	antiox carotene	Macular degeneration	0 - 20mg/d	
<b>lycopene</b>	antiox carotene	cancer; CVD	6mg/d +	

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<b>lysine</b>	antiviral	HERPES SIMPLEX	3 g/d	stop arginine use temp.
<b>malic acid</b>	energy	chelate detox; fibromyalgia	600 -1800mg/d	sour!
<b>methionine</b>	sulfur aminoacid	liver	up to 2gm/d	
<b>MSM – methylsulfonylmethane</b>	sulfur donor esp for connective t.	arthritis, pain	1 to 8g/d	
<b>phosphatidyl-serine</b>	the brain's major membrane phospholipid	Alzheimers; depression.	300mg/d	
<b>proline</b>	aminoacid	heart, bones, joints	1/2 to 1gm/d	
<b>Ribose</b>	a pentose sugar critical to RNA & DNA	Heart (angina and heart failure) and muscle boost. For energy, eg chronic fatigue.	2.5gm 2x/d (to 60gm/d for heart failure)	Untried in pregnancy/breast feeding.
<b>Taurine</b>	membrane-stabilizing aminoacid	For hypertension; heart failure; epilepsy.	up to 6gm/d	

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<b>Tyrosine</b>	brain protein neurotransmitters L- dopa, dopamine, .	For brain / thyroid/ adrenergic boost - chronic fatigue, weight loss, depression, memory, Parkinson's, ADD.	6 to 12g/d	Overdose: fast heart rate. Tell your doctor.
<b>Melatonin</b>	Human hormone – antioxidant	For better sleep, immunity, memory, longevity; against bloodpressure, cancer, jet lag, obesity, Alzheimers, migraine, cholesterol.	0.1 to 40mg/day.	drowsiness.
<b>all other</b>	hormones			