



10 More Pills

May 1, 2004

Nutritional supplements to boost your diet*

Multivitamin with minerals

B-50 complex

Calcium (1,000-2,000 mg/day)

Vitamin C (500-1,000 mg/day)

Vitamin E (400-800 IU/day)

Selenium (200 mcg/day)

Lipoic acid (100-600 mg/day)

N-acetyl cysteine (NAC) (1,000-2,000 mg/day)

Carnitine (1,500-3,000 mg/day)

Glutamine (5-30 g/day)

* talk to your doc about any pills you pop

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