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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