

# Supplement Shopping List

27 Vegan Supplements | Amazon Search Links | Estimated Monthly Cost

Patient: Jim Gurtner | DOB: 11/6/1961 | Age: 64 | Vegan

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*DISCLAIMER: This document is for personal informational purposes only. It is not medical advice. Review all findings with qualified healthcare providers.*

# Shopping List

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All supplements are vegan. Click any product link to search Amazon.

**Estimated Monthly Cost: ~\$714.5**

## Core Protocol

**Methylcobalamin (Vitamin B12) - 5,000 mcg sublingual**

~\$15

*Wake up, 30 min before food*

**Thorne Methyl-Guard Plus - 3 capsules**

~\$43

*With breakfast*

**CoQ10 (Ubiquinone) - 300mg/day**

~\$25

*200mg breakfast, 100mg lunch (with fat)*

**Vitamin D3 + K2 - 5,000 IU D3 + 100mcg K2 (MK-7)**

~\$18

*With breakfast (fat-soluble)*

**Vegan Omega-3 (Algae DHA/EPA) - 2 capsules/day**

~\$25

*1 breakfast, 1 lunch (with fat)*

**Calcium Citrate - 900mg/day**

~\$28

*450mg breakfast, 450mg lunch*

**Liposomal Vitamin C - 500mg MAX**

~\$15

*Mid-morning ONLY (empty stomach)*

**Magnesium Glycinate - 400mg**

~\$22

*Bedtime*

**Activated Charcoal - 560mg (2 capsules)**

~\$10

*Bedtime (2+ hrs after food/supps)*

**Nattokinase - 10,800 FU/day**

~\$30

*7,200 FU breakfast, 3,600 FU lunch*

**NAC (N-Acetyl Cysteine) - 1,200mg/day**

~\$25

600mg mid-morning, 600mg mid-afternoon (empty stomach)

**Liposomal Glutathione - 500mg**

~\$38

Mid-afternoon (empty stomach)

**DHEA - 10mg/day**

~\$14

5mg breakfast, 5mg lunch

**Pregnenolone - 20mg/day**

~\$17

10mg breakfast, 10mg lunch

**Lion's Mane Mushroom - 1,000mg**

~\$30

With breakfast

**Curcumin (Meriva Phytosome) - 1,000mg**

~\$38

With lunch (with fat)

**Quercetin - 500mg**

~\$32

With lunch

**Ginkgo Biloba - 240mg**

~\$40

With lunch

**D-Ribose - 10g/day**

~\$25

5g breakfast, 5g lunch (in water/smoothie)

**L-Carnitine (ALCAR) - 1,000mg**

~\$20

With lunch

**Melatonin - 3mg**

~\$12

Bedtime

**Gut Healing****Mastic Gum - 2,000mg/day**

~\$26

1,000mg pre-breakfast, 1,000mg pre-lunch (empty stomach)

**DGL (Deglycyrrhizinated Licorice) - 400mg**

~\$12

*Pre-breakfast (empty stomach)*

**S. boulardii - Per label**

~\$25

*With lunch (away from antimicrobials)*

**Black Seed Oil (Nigella sativa) - 1 tsp twice daily**

~\$25

*With meals*

**Zinc Carnosine (PepZin GI) - 75mg**

~\$22

*With lunch*

**Broccoli Sprouts - 70-100g daily**

~\$10-15

*With meals*

**Betaine HCl + Pepsin - 650mg (1 cap)**

~\$45

*Start of breakfast + lunch*

**Ginger Root Extract - 500mg**

~\$25

*After lunch*

*Prices are approximate and may vary. Estimate assumes ~1 month supply per purchase. Click any product name in the digital PDF to search Amazon.*