

Minerals. Daily Dosages

Calcium.	1,500 mg
Chromium (GTF)	150 mcg
Copper	3 mg
Iodine (kelp is a good source)	225 mcg
Iron	18 mg
Magnesium.	750-1,000 mg
Manganese	10 mg
Molybdenum	30 mcg
Potassium	99 mg
Selenium.	200 mcg
Zinc	50 mg



Optional Supplements. . . . Daily Dosages

Coenzyme Q10	30 mg
Garlic	As directed on label.
L-Carnitine.	500 mg
L-Cysteine.	50 mg
L-Lysine	50 mg
L-Methionine.	50 mg
L-Tyrosine	500 mg
Lecithin.	200-500 mg
Pectin	50 mg
RNA-DNA	100 mg
Silicon	As directed on label
Superoxide dismutase (SOD).	As directed on label