



Dr. Jordan's Supplement List

Capsules	<input type="checkbox"/> Truniagen (<i>Nicotinamide Riboside</i>) Mitochondrial Support, Life Extension (Sirtuin) 300 mg caps/ one per day
	<input type="checkbox"/> Ubiquinol (<i>Quinol</i>) Mitochondrial Support 100 mg caps/ one per day
	<input type="checkbox"/> BioPQQ Mitochondrial Biogenesis 20 mg caps/ one per day
	<input type="checkbox"/> L Carnitine Life Extension, Bioenergetics Support 500 mg caps/ one per day
	<input type="checkbox"/> Neo40 (<i>Nitric Oxide</i>) Vascular Health 1 lozenge/day
	<input type="checkbox"/> Cycloastragenol CAW Telomerase stimulation and regeneration support 25 mg/day
	<input type="checkbox"/> Vitamin D3 Bone and Muscle Health 500 to 1000 mg per day
	<input type="checkbox"/> Metatrol (<i>Spermine, Spermidine and Putrescine</i>) Autophagy of Toxic Proteins 41 mg caps/ one or two per day
	<input type="checkbox"/> Theracurmin Anti-inflammatory Tumeric extract (<i>Curcumen</i>) 600 mg caps/ one to three times daily with food
	<input type="checkbox"/> BodyBio Butyrate with Calcium + Magnesium 600 mg caps/ one per day
	<input type="checkbox"/> N-Acetyl D-Glucosamine Swanson 750 mg caps/ one per day
	<input type="checkbox"/> 1 MD Platinum Probiotic Take once per day=
Powders	<input type="checkbox"/> Creatine Monohydrate Nutribio Bioenergetics Support 5 grams per day (powder)
Sublingual	<input type="checkbox"/> D Ribose Life Extension, Bioenergetics Support 5 grams twice per day (powder)
	<input type="checkbox"/> Glutathione Spray Quicksilver Scientific Antioxidant 2 sprays under the tongue (wait to swallow), 2x per day
	<input type="checkbox"/> LSG Fisetin Liposomal Sublingual Gel Alive by Nature 2ml/day
	<input type="checkbox"/> Plasmalogen Prodrome Consult with your doctor

Note: Also consider diet, prebiotics, valacyclovir (Valtrex), & Valcyte, as specified by the doctor and refer to important disclaimer on neurologysantamonica.com before employing any new supplements.

*This list has not been evaluated by the Food and Drug Administration. This list is not intended to diagnose, treat, cure, or prevent any disease.