

The daily regime of nutritional supplements for patients who have done the mitochondrial function test and require the whole package of supplements!

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The regime of nutritional supplements for patients who have done the mitochondrial function test and require the whole package of supplements! Some supplements have more than one function – eg CoQ10 is essential for mito function and is also an important antioxidant. *Supplements in italics go into drinks*

Standard for all

*In ½ to 1 pint of water/
some fruit juice dissolve:*

Ascorbic acid 1 g (1 small scoop)

(Or BioCare Vit C 1 g = 2x 500mg caps)

MMM 2 grams (2 small scoops)

Swallow before breakfast with
the above solution:

BioCare Adult multivitamins x 1 capsule

BioCare Essential fatty acids x 1 capsule

Puritan's Pride Vit D3 2 caps

By injection

Mitochondrial support

Morning

Acetyl L-Carnitine 1 gram

(1 small scoop)

D-ribose 2.5 grams (1/2 teaspoon)

Co-Enzyme Q10 100mg x 1 capsule

Niacinamide 500mg x 1 capsule

Magnesium sulphate ½ ml

Mid morning

*D-ribose ½ a teaspoon in
tea or coffee*

Midday – lunchtime

D-ribose ½ a teaspoon

Co-enzyme Q10 100mg x 1 capsule

Mid-afternoon

*Dissolve D-ribose ½ a teaspoon
in tea or coffee*

Evening

Acetyl L-carnitine 1 gram

D-ribose ½ a teaspoon

Co-enzyme Q10 100mg 1 capsule

Last thing at night in water/fruit juice

D-ribose ½ teaspoon

Zinc 30mgs (8 drops)(SODase)

Extra Anti-oxidants

Copper 1mg (4 drops) (SODase)

Puritan's Pride reduced

Glutathione 250mgs(GSH-Px)

B12 ½ ml

Manganese 5mgs (4 drops) (SODase)

*Dissolve in ½ to 1 pint of water/
some fruit juice:*

Ascorbic acid 1 gram

(Or BioCare Vit C 1 g = 2x 500mg caps)

MMM 2 grams

(or adjust to complete your daily dose)

With the above solution swallow

the following caps with food:

BioCare Essential fatty acids 1 capsule