

Brain Supplements

Dr Dale Bredesen ReCODE anti-Alzheimer protocol

<https://www.ahnphhealth.com/dr-bredesen.html>

Ketone diet target 0.5-4 mmol/L

Aerobic & strength exercise 5-6 times week

Melatonin 0.5 to 3 mg sleep 7-8 hrs night

Any stress reduction practices

Brain training 10-30 minutes 3-6 times week

MCT oil 1-3 gm 2x day to maintain ketone state switch to non-saturated fats

Curcumin 1 gm 2x/day on empty stomach

Ashwagandha 500 mg 2x/day with food

Bacopa monnieri 250-500 mg 2x/day with meals

Gotu kola 500 mg 1x-2x/day for alertness

Magnesium threonate 2 gm/day best at night

Ubiquinol 100mg/day

PQQ 10-20 mg

Resveratrol 100mg

Nicotinamide riboside 100mg

Omega-3 DHA 1 gm – EPA .5-1 gm

Liposomal glutathione 250 mg 2x/day

Pro & Pre Biotics

Vitamin D & K2 Target D level 50-80

Mixed tocopherols & tocotrienols 800 IU Target Vit-E 12-20

Biodentical HRT - optimize hormone levels

Spezialized pro-resolving mediators if hs-CRP > 1.0

If homocysteine < 4.0 > 6.0 nmol/ml

Methylcobalamin (B12) 1 mg if B12 <500

methylfolate (Folic acid) 0.8-5 mg

PSP (B6) 20-50 mg if homocysteine < 4.0 > 6.0 nmol/ml

If fasting insulin >4.5 or fasting Glucose >90

Alpha-lipoic acid 100 mg

N-acetylcysteine 500 mg

Cinnamon ¼ teaspoon

berberine 300-500 mg 3x/day

If zinc < 80 or copper zinc ration > 1:3

Zinc picolinate 25-50 mg

Alpha-Lipoic acid 100 mg

N-acetylsteine 500 mg

PSP 50 mg, Mn 15 mg, Vit C 1-4 gm

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If depression

SAM-e 200-600 mg or folate 5 mg

If after 3 months memory primary problem

Huperzine A 200 mcg

Dr. Glen Rothfield

Lions Mane 1 gm extract / day or 5 gm mushroom / day

Resveratrol 500 mg / 2x / day

Zembrin sceletium tortuosum 25 mg / day

Melatonin 3 – 6 mg / night start lower dose.

Dr Roseau

Lactobacillus/Bifidobacterium blend 200-300 billion/day on empty stomach (before Breakfast)

Saccharomyces Boulardii Probiotic 500-1000 mg/day Probiotic fungus on empty stomach (before breakfast)

Soil based Probiotics 1-2 capsules/day with food RightBiotics RX or Enterogermina

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Bill's supplement list

Morning Drink

Knudsen Vegetable juice 3 oz carb 4 gm
Knudsen Pomegranate 3 oz carb 13 gm
Garden of Life Protein & Greens 20 gm protein
Collagen 6 gm, protein 6 gm
Creatine Monohydrate 4 gm
Sunflower Lecithin 10 gm
Flax seed 2 Tbls, Chia seeds 2 Tbls
Cod Liver Oil 1 Tbls 1200-IU Vit D DHA-1500mg, EPA 1200mg, Vit A 750mcg

AM Supplements:

Life Extension Two-per-day tablet multi-vitamin 1/day
MagMind Magnesium L-Threonate 38 mg 1/day
Ashwagandha 300 mg standardized 15 mg 1/2x/day with food
Trans-Resveratrol Plus Japanese Knotwood Std 100 mg, Grape Extract 50 mg, Pine Bark 20 mg 1/2x/day
Acetyl L-Carnitine 500 mg + Alpha Lipoic Acid 300 mg 1/day
Upiquinol QH-absorb 100 mg 1/day
Bacopa standardized to 135 mg 1/day with food
Fisten flavonoid 100 mg 1/day
N-Acetyl L-Cysteine 600 mg 1/day
Super K K1 1500 mcg, K2 menaquinone-4 1000 mcg, K2 menaquinone-7 100 mcg 1/day
Vit C 1000 mg 1/day
PQQ 20 mg 1/day
Zinc 30 mg 1 every other day
B12 sub-lingual 3000 mcg 1 every other day
MegaFolinic 800 mcg

Evening Supplements

Magnesium Glycinate 200 mg 1/day at night
MagMind Magnesium L-Threonate 38 mg 1/day
Maximized Turmeric 500 mg standardized 100 mg + BioPerine 5 mg 1/day empty stomach
Trans-Resveratrol Plus Japanese Knotwood Std 100 mg, Grape Extract 50 mg, Pine Bark 20 mg 1/2x/day
Ashwagandha 300 mg standardized 15 mg 1/2x/day with food