

My Daily Supplement List

PREFACE

Members often ask for this list because they want to be proactive about managing the chronic inflammation and pain so many of us live with. I'm sharing it in that same spirit, hoping it offers a helpful starting point and a little reassurance that you are not alone. To be clear, this is simply a list of what I personally take. It may or may not be right for you.

Like many of you, I have had decompression surgery and experienced many post-decompression complications related to an underlying connective tissue disorder, hypermobile Ehlers-Danlos Syndrome (hEDS). Disliking how opioids make me feel, I rarely use them and instead looked for other ways to support my body and manage my symptoms. As I learned more, I became convinced that chronic inflammation is incredibly common in our community. While all inflammation is an immune response, it is not always autoimmune. Mast Cell Activation Syndrome (MCAS) often plays a key role. Mast cells are inflammatory cells within the immune system. When the vagus nerve is compressed or damaged, common with Chiari Malformations, these cells release pro-inflammatory mediators throughout the body.

Before adding any supplement to your regimen, I gently encourage you to **research it carefully** and give yourself time to feel comfortable with what you are considering. Learn about possible side effects, drug interactions, recommended maximum doses, why those limits exist, and what dosage is appropriate for the specific issue you are trying to address. Doctors may not always know a great deal about supplements beyond their possible interactions, but **those interactions matter, so the conversation is still important**. I am not an expert; I am a patient like you, simply trying to find the safest ways to ease my symptoms.

I do not ask my doctor *for permission* before trying a supplement, but I do keep my primary care physician informed about what I take regularly and ask for her input. That kind of healthy, mutually respectful relationship helps keep her aware of possible interactions with future medications and gives her helpful context if new symptoms develop after I start something new, especially because warning signs are not always obvious.

Whatever supplements you decide to add, I encourage you to go slowly and introduce only one new supplement at a time, giving your body 2–4 weeks to see how well you tolerate it. Adding several supplements at once can make it difficult to know which one may be causing a problem. If your body responds well, have a discussion with your doctor as you decide whether to add another. When I first started using supplements, I began with a *Women's One A Day multivitamin*. After researching each ingredient, I realized the amounts were far below the optimal doses for my needs, so I added individual supplements gradually, one at a time.

Multivitamins/Blends:

Because I have dysphagia, and sometimes choke on my own saliva, I try to use multivitamins and supplement blends to reduce the number of pills I need to swallow each day. Blends can be helpful for that reason, but they also **require extra caution**. You need to review every added ingredient and make sure the combined total from all supplements stays below the recommended maximum dose, especially for ingredients that can become toxic at higher levels. For this reason, I have tried to include the "deficiency-prevention floor" (RDA = Recommended Daily Allowance) and a true "safety ceiling" (Toxic Threshold/UL) for each supplement that I share.

1. Alpha Lipoic Acid (ALA)

- **Dosage / Daily Count:** 1 capsule (600 mg ALA, 30 mg Grape Seed Extract, 5 mg Piperine)
- **Ideal Time to Take:** 3:00 PM (Track 2)
- **Solubility & Food Requirement: Amphipathic (Fat & Water Soluble)** — Take with food or a light snack to prevent stomach upset.
- **Benefits for hEDS / Neuro-EDS:** Reduces small fiber neuropathic pain and protects microvascular endothelium against oxidative stress.
- **RDA / Toxic Threshold:** No established RDA. Therapeutic dose: 300–600 mg/day. Upper limit: ~1,200–1,800 mg/day.
- **Warnings & Interactions:** Can lower blood sugar; exercise caution if prone to hypoglycemia.

2. Benfotiamine (Vitamin B1)

- **Dosage / Daily Count:** 2 capsules total (1 cap at 7:00 AM, 1 cap at 3:00 PM)
- **Ideal Time to Take:** 7:00 AM (Track 1) & 3:00 PM (Track 2)
- **Solubility & Food Requirement: Fat Soluble** — **Requires food/healthy fats** for maximum bio-absorption across intestinal membranes.
- **Benefits for hEDS / Neuro-EDS:** Supports myelin repair, mitigates dysautonomia/vagus nerve dysfunction, and reduces connective tissue glycation (AGEs).
- **RDA / Toxic Threshold:** Standard B1 RDA is 1.1–1.2 mg. Benfotiamine therapeutic range: 150–600 mg/day. High safety profile.
- **Warnings & Interactions:** Take with food to prevent mild GI upset.

3. Boron

- **Dosage / Daily Count:** 3 capsules total (9 mg total elemental Boron; 3 mg per track)
- **Ideal Time to Take:** 7:00 AM (Track 1), 3:00 PM (Track 2), 7:00 PM (Track 3)
- **Solubility & Food Requirement: Water Soluble** — Can be taken with or without food.
- **Benefits for hEDS / Neuro-EDS:** Essential for extracellular matrix cross-linking, reducing TNF- α /IL-6 cytokines, and supporting joint stability.
- **RDA / Toxic Threshold:** No RDA. UL (Tolerable Upper Intake Level) is 20 mg/day.
- **Warnings & Interactions:** Keep below 20 mg/day to avoid renal strain.

4. Bromelain

- **Dosage / Daily Count:** 2 capsules
- **Ideal Time to Take:** 3:00 PM (Track 2)
- **Solubility & Food Requirement: Water Soluble Enzyme** — **Take on an empty stomach** (or between meals) for systemic anti-inflammatory action.
- **Benefits for hEDS / Neuro-EDS:** Breaks down excess soft-tissue fibrin, reduces joint swelling, and modulates mast cell histamine release.
- **RDA / Toxic Threshold:** No RDA. Therapeutic range: 500–2,000 mg/day. Upper limits exceed 3,000 mg/day.
- **Warnings & Interactions:** Mild natural blood thinner. Discontinue 2 weeks prior to surgeries.

5. Calcium Lactate

- **Dosage / Daily Count:** 3 capsules (255 mg elemental Calcium total)
- **Ideal Time to Take:** 11:00 PM (Track 4)
- **Solubility & Food Requirement: Water Soluble Salt** — Does not require fat. Can be taken with water or a light bedtime snack.

- **Benefits for hEDS / Neuro-EDS:** Gentle, non-irritating calcium form crucial for neuromuscular transmission and smooth muscle tone.
- **RDA / Toxic Threshold:** RDA is 1,000–1,200 mg/day (diet + supplements). UL is 2,000–2,500 mg/day.
- **Warnings & Interactions:** Paired with K2 and Magnesium in your overall schedule to prevent soft-tissue calcification.

6. Cranberry Extract

- **Dosage / Daily Count:** 1 capsule (25,000 mg fresh cranberry equiv. + Vit C & Vit E)
- **Ideal Time to Take:** 3:00 PM (Track 2)
- **Solubility & Food Requirement:** **Mixed (Water Soluble Cranberry/Vit C + Fat Soluble Vit E)** — Take with food/fat at 3:00 PM to maximize Vitamin E absorption.
- **Benefits for hEDS / Neuro-EDS:** Protects bladder mucosal linings in dysautonomic bladder dysfunction and supports systemic antioxidant defense.
- **RDA / Toxic Threshold:** No RDA. High safety threshold.
- **Warnings & Interactions:** Maintain good daily hydration to prevent oxalate accumulation.

7. Glutathione

- **Dosage / Daily Count:** 1 capsule
- **Ideal Time to Take:** 7:00 AM (Track 1)
- **Solubility & Food Requirement:** **Water Soluble** — Best taken on an empty stomach with water upon waking.
- **Benefits for hEDS / Neuro-EDS:** Master intracellular antioxidant that aids hepatic phase II detox, reduces neuroinflammation, and calms MCAS degranulation.
- **RDA / Toxic Threshold:** No RDA. Standard therapeutic intake: 250–500 mg/day. Safe up to 1,000–2,000 mg/day.
- **Warnings & Interactions:** Paired with NAC in Track 1 for optimal intracellular synthesis.

8. Liver Support Multi-Blend

- **Dosage / Daily Count:** 1 capsule (Zinc, TUDCA, Milk Thistle, Dandelion, Artichoke, Beet Root)
- **Ideal Time to Take:** 7:00 PM (Track 3)
- **Solubility & Food Requirement:** **Mixed (Fat & Water Soluble components)** — Take with dinner/food to aid botanical extract absorption and support bile flow.
- **Benefits for hEDS / Neuro-EDS:** Consolidates hepatic detox pathways, promotes healthy bile flow, and assists in overnight histamine clearance.
- **RDA / Toxic Threshold:** Proprietary herbal blend; ingredients remain well within standard daily safety allowances.
- **Warnings & Interactions:** Biliary agents stimulate bile; avoid if actively experiencing acute gallstone biliary obstruction.

9. Magnesium Glycinate

- **Dosage / Daily Count:** 1 capsule (500 mg compound)
- **Ideal Time to Take:** 11:00 PM (Track 4)
- **Solubility & Food Requirement:** **Water Soluble Chelate** — Can be taken with or without food.
- **Benefits for hEDS / Neuro-EDS:** Prevents muscle spasms, calms cranial nerve hyper-excitability, and supports restorative sleep.
- **RDA / Toxic Threshold:** RDA is 310–320 mg/day elemental Mg. UL for supplemental non-food sources is 350 mg (therapeutic protocols safely use 400–600 mg).
- **Warnings & Interactions:** Highly absorbable; glycinate form minimizes loose stools/GI distress.

10. Methyl CpG

- **Dosage / Daily Count:** 2 capsules (L-5-MTHF Folate, Methylcobalamin B12, P5P B6, Riboflavin-5-Phosphate B2,

TMG/Betaine)

- **Ideal Time to Take:** 7:00 AM (Track 1)
- **Solubility & Food Requirement: Water Soluble** — Can be taken on an empty stomach or with a light breakfast.
- **Benefits for hEDS / Neuro-EDS:** Delivers bioidentical, pre-methylated B-vitamins to bypass MTHFR mutations, support myelin sheath integrity, lower homocysteine, and promote optimal cellular energy.
- **RDA / Toxic Threshold:** Folate UL: 1,000 mcg DFE; B6 (P5P) UL: 100 mg/day.
- **Warnings & Interactions:** Morning placement prevents potential over-stimulation or sleep disruption. Monitor total daily intake of B6 and Folate across all multi-ingredient blends. 1,700 mcg DFE sits slightly above the standard population upper limit of 1,000 mcg DFE. However, in functional and neuro-EDS protocols targeting MTHFR mutations, high-dose bioidentical **L-5-MTHF** (methylfolate) is routinely used therapeutically because it does not cause the unmetabolized folic acid accumulation that synthetic folic acid does.

11. **MK-7 (Vitamin K2)**

- **Dosage / Daily Count:** 1 capsule (90 mcg Menaquinone-7)
- **Ideal Time to Take:** 3:00 PM (Track 2)
- **Solubility & Food Requirement: Fat Soluble** — **Requires food/healthy fats** for proper intestinal absorption.
- **Benefits for hEDS / Neuro-EDS:** Directs calcium out of arterial walls/soft tissues and into the bone matrix.
- **RDA / Toxic Threshold:** Adequate Intake (AI): 90–120 mcg. No established UL due to very low toxicity.
- **Warnings & Interactions:** Direct antagonist to Vitamin K anticoagulant medications (e.g., Warfarin).

12. **MSM (Methylsulfonylmethane)**

- **Dosage / Daily Count:** 1,500 mg
- **Ideal Time to Take:** 11:00 PM (Track 4)
- **Solubility & Food Requirement: Water Soluble** — Can be taken with water or a light evening drink/snack.
- **Benefits for hEDS / Neuro-EDS:** Supplies bioavailable sulfur for collagen cross-linking and glycosaminoglycan synthesis.
- **RDA / Toxic Threshold:** No RDA. Safe therapeutic range: 1,500–6,000 mg/day.
- **Warnings & Interactions:** Extremely safe. May cause vivid dreams in sulfur-sensitive individuals when taken late.

13. **Multi Collagen Peptides**

- **Dosage / Daily Count:** 1 scoop powder
- **Ideal Time to Take:** 7:00 AM (Track 1, dissolved in coffee)
- **Solubility & Food Requirement: Water Soluble Protein** — Dissolves in hot or cold liquid; acts as a light amino acid food source.
- **Benefits for hEDS / Neuro-EDS:** Provides key amino acid building blocks (proline, hydroxyproline, glycine) for fascia, tissue, and microvascular repair.
- **RDA / Toxic Threshold:** No RDA. Typical intake: 10–20 grams/day. High safety profile.
- **Warnings & Interactions:** Ensure pure sourcing to avoid heavy metals or gelatin-related MCAS triggers.

14. **NAC (N-Acetyl Cysteine)**

- **Dosage / Daily Count:** 1 capsule
- **Ideal Time to Take:** 7:00 AM (Track 1)
- **Solubility & Food Requirement: Water Soluble** — Best taken with water upon waking. If sensitive to stomach acidity, take with a light snack.
- **Benefits for hEDS / Neuro-EDS:** Direct precursor to glutathione, thins thick mucus, and stabilizes mast cells.
- **RDA / Toxic Threshold:** No RDA. Standard intake: 600–1,800 mg/day. Safe up to 3,000 mg/day.
- **Warnings & Interactions:** Drink sufficient water to prevent localized esophageal or gastric irritation.

15. Omega-3 (High-Potency Extra)

- **Dosage / Daily Count:** 1 capsule (2,400 mg Fish Oil / 1,440 mg active EPA/DHA)
- **Ideal Time to Take:** 11:00 PM (Track 4)
- **Solubility & Food Requirement: Fat Soluble** — **Requires food/fat** (or take alongside bedtime softgels like Omega 3-7-9) to stimulate bile release.
- **Benefits for hEDS / Neuro-EDS:** Resolves systemic neural inflammation, lubricates connective tissue, and dampens nighttime dysautonomic flares.
- **RDA / Toxic Threshold:** Target EPA/DHA: 1,000–3,000 mg/day. FDA safety threshold: 5,000 mg/day.
- **Warnings & Interactions:** Antiplatelet effects. Monitor for excess bruising if combined with NSAIDs.

16. Omega 3-7-9 with D3

- **Dosage / Daily Count:** 2 capsules total (1 cap at 3:00 PM, 1 cap at 11:00 PM)
- **Ideal Time to Take:** 3:00 PM (Track 2) & 11:00 PM (Track 4)
- **Solubility & Food Requirement: Fat Soluble** — **Requires food/healthy fats** for proper absorption (especially for Vitamin D3).
- **Benefits for hEDS / Neuro-EDS:** Multi-spectrum fatty acids lubricate mucosal membranes, support skin/gut MCAS stability, and balance dysautonomia.
- **RDA / Toxic Threshold:** D3 RDA: 600–800 IU; UL: 4,000 IU/day (clinically monitored up to 10,000 IU).
- **Warnings & Interactions:** Must be taken with fat sources for optimal uptake.

17. Ox Bile

- **Dosage / Daily Count:** 1 capsule (125 mg)
- **Ideal Time to Take:** 3:00 PM (Track 2)
- **Solubility & Food Requirement: Bile Acid Digestive Compound** — **MUST be taken with food containing dietary fats.**
- **Benefits for hEDS / Neuro-EDS:** Replaces insufficient bile secretion to aid fat digestion, absorb fat-soluble vitamins (A, D, E, K), and prevent SIBO.
- **RDA / Toxic Threshold:** No RDA. Dosage ranges from 125–500 mg per fat-containing meal.
- **Warnings & Interactions:** **Never take on an empty stomach**, as unbuffered bile can cause severe gastric mucosal irritation and acid reflux.

18. PEA + Turmeric

- **Dosage / Daily Count:** 2 capsules (600 mg PEA, 1,000 mg Turmeric)
- **Ideal Time to Take:** 7:00 PM (Track 3)
- **Solubility & Food Requirement: Fat Soluble** — **Requires food/meal fats** for gastrointestinal absorption (PEA is a lipid amide and Curcumin requires fats).
- **Benefits for hEDS / Neuro-EDS:** PEA directly calms mast cells and neuroinflammation; Turmeric suppresses systemic joint and connective tissue pain.
- **RDA / Toxic Threshold:** No RDA. PEA therapeutic range: 300–1,200 mg/day; Turmeric up to 1,500–2,000 mg/day.
- **Warnings & Interactions:** Turmeric has mild antiplatelet and bile-stimulating properties.

19. Potassium & Magnesium Complex

- **Dosage / Daily Count:** 1 capsule (250 mg elemental Mg via ZumXR, 99 mg Potassium)
- **Ideal Time to Take:** 11:00 PM (Track 4)
- **Solubility & Food Requirement: Water Soluble Minerals** — Can be taken with water at bedtime or alongside a light snack.
- **Benefits for hEDS / Neuro-EDS:** Maintains vascular smooth muscle tone, balances night electrolyte shifts, and prevents POTS tachycardia flares.

- **RDA / Toxic Threshold:** Potassium RDA: 2,600–3,400 mg. Supplemental potassium is capped at 99 mg per dose.
- **Warnings & Interactions:** Caution if taking ACE inhibitors, ARBs, or potassium-sparing diuretics.

20. Probiotics (60 Billion)

- **Dosage / Daily Count:** 1 capsule (60 Billion CFU blend + Organic Prebiotic Fiber)
- **Ideal Time to Take:** 7:00 AM (Track 1)
- **Solubility & Food Requirement: Live Microorganisms** — **Take on an empty stomach** upon waking with water (or alongside morning collagen coffee). Low gastric acid levels in the morning maximize live strain survival into the lower GI tract.
- **Benefits for hEDS / Neuro-EDS:** Rebalances gut microbiome to reduce histamine-producing dysbiosis, reinforces tight junctions in gut epithelium, and improves stool consistency.
- **RDA / Toxic Threshold:** No RDA. Standard probiotic dosing ranges from 10–100 billion CFU/day. High safety margin.
- **Warnings & Interactions:** If new to high-CFU probiotics, mild initial gas or bloating may occur during the first 3–5 days as microflora shifts.

21. Q Defend Immune Support

- **Dosage / Daily Count:** 2 capsules (50 mg Zinc, 5,000 IU D3, Vit C, Quercetin)
- **Ideal Time to Take:** 7:00 AM (Track 1)
- **Solubility & Food Requirement: Mixed (Fat Soluble D3 + Water Soluble Zinc/C + Fat-Preferring Quercetin)** — **Best taken with breakfast or healthy fats** to absorb Vitamin D3/Quercetin and prevent Zinc-induced nausea.
- **Benefits for hEDS / Neuro-EDS:** Quercetin stabilizes mast cells; Zinc and D3 reinforce mucosal barriers and immune defense.
- **RDA / Toxic Threshold:** Zinc RDA: 8–11 mg; UL: 40 mg/day.
- **Warnings & Interactions:** Always take with food to avoid stomach distress from Zinc.

22. Resveratrol

- **Dosage / Daily Count:** 2 capsules total (1 cap at 3:00 PM, 1 cap at 7:00 PM)
- **Ideal Time to Take:** 3:00 PM (Track 2) & 7:00 PM (Track 3)
- **Solubility & Food Requirement: Fat Soluble Polyphenol** — **Best taken with food/fat** to significantly increase gut bioavailability.
- **Benefits for hEDS / Neuro-EDS:** Activates SIRT1 pathways, reduces microvascular endothelial inflammation, and protects collagen matrix.
- **RDA / Toxic Threshold:** No RDA. Typical intake: 100–500 mg/day. Safe up to 1,000 mg/day.
- **Warnings & Interactions:** Mild estrogenic modulating and antiplatelet effects.

23. Selenium Complex

- **Dosage / Daily Count:** 1 capsule (200 mcg Selenium, 20.1 mg Vit E)
- **Ideal Time to Take:** 3:00 PM (Track 2)
- **Solubility & Food Requirement: Mixed (Water Soluble Selenium + Fat Soluble Vit E)** — **Take with food/fat** (e.g., afternoon meal) to absorb Vitamin E.
- **Benefits for hEDS / Neuro-EDS:** Essential cofactor for glutathione peroxidase, protecting neural tissues and thyroid pathways against oxidative strain.
- **RDA / Toxic Threshold:** RDA: 55 mcg. UL: 400 mcg/day.
- **Warnings & Interactions:** Doses above 400 mcg/day chronically can cause toxicity. Your 200 mcg dose is well within safe limits.

24. Systemic Formulas Digest (#17)

- **Dosage / Daily Count:** 1 capsule (AS-NEEDED)

- **Ideal Time to Take:** 7:00 AM or at the start of any meal during digestive flares
- **Solubility & Food Requirement:** **Digestive Enzyme** — **MUST be taken with food/meals** to digest food substrates.
- **Benefits for hEDS / Neuro-EDS:** Facilitates protein, fat, and carbohydrate breakdown to reduce gastroparesis, delayed emptying, and GI bloating.
- **RDA / Toxic Threshold:** No RDA. Used as needed with food.
- **Warnings & Interactions:** Avoid taking on an active stomach ulcer or severe mucosal erosion.

25. Taurine

- **Dosage / Daily Count:** 2 capsules total (1 cap at 3:00 PM, 1 cap at 11:00 PM)
- **Ideal Time to Take:** 3:00 PM (Track 2) & 11:00 PM (Track 4)
- **Solubility & Food Requirement:** **Water Soluble Amino Acid** — Can be taken with or without food.
- **Benefits for hEDS / Neuro-EDS:** Agonizes central GABA receptors to quiet dysautonomic overdrive, stabilizes heart rate variability, and aids bile acid conjugation.
- **RDA / Toxic Threshold:** No RDA. Safe range: 1,000–3,000 mg/day.
- **Warnings & Interactions:** Very safe. May modestly lower blood pressure; highly beneficial for hyperadrenergic POTS.

26. Trimethylglycine (TMG)

- **Dosage / Daily Count:** 2 capsules (1,000 mg)
- **Ideal Time to Take:** 7:00 AM (Track 1)
- **Solubility & Food Requirement:** **Water Soluble** — Can be taken on an empty stomach or with breakfast.
- **Benefits for hEDS / Neuro-EDS:** Donates methyl groups to recycle homocysteine, supporting hepatic function, cellular hydration, and tissue repair.
- **RDA / Toxic Threshold:** No RDA. Standard dosage ranges from 500–3,000 mg/day.
- **Warnings & Interactions:** Drink adequate water when taking TMG to avoid mild gut upset.

27. Vitamin C (with Citrus Bioflavonoids & Rutin)

- **Dosage / Daily Count:** 2 capsules total (1 cap at 3:00 PM, 1 cap at 11:00 PM)
- **Ideal Time to Take:** 3:00 PM (Track 2) & 11:00 PM (Track 4)
- **Solubility & Food Requirement:** **Water Soluble** — Can be taken with or without food (taking with food minimizes gastric acidity).
- **Benefits for hEDS / Neuro-EDS:** Essential cofactor for collagen synthesis; Rutin and bioflavonoids strengthen capillary walls and stabilize mast cells.
- **RDA / Toxic Threshold:** RDA is 75–90 mg. UL is 2,000 mg/day for supplemental ascorbic acid.
- **Warnings & Interactions:** Splitting into two 1,000 mg doses maintains steady blood levels without causing bowel loosening.

Supplement Name & Dosage	7:00 AM	3:00 PM	7:00 PM	11:00 PM	As Needed
Alpha Lipoic Acid (ALA) (600 mg)		✓			
Benfotiamine (1 cap / ~150–300 mg)	✓	✓			
Boron (3 mg)	✓	✓	✓		
Bromelain (2 caps)		✓			
Calcium Lactate (3 caps / 255 mg elemental Ca)				✓	
Codeage Methylfolate B Complex (2 caps)	✓				
Glutathione (1 cap)	✓				
High-Potency Extra Omega-3 (1 cap / 2,400 mg fish oil)				✓	
Jarrow MK-7 (Vitamin K2) (90 mcg)		✓			
Liver multi-blend (1 cap)			✓		
Magnesium Glycinate (1 cap / 500 mg)				✓	
MSM (Methylsulfonylmethane) (1,500 mg)				✓	
Multi Collagen Peptides (1 scoop in coffee)	✓				
NAC (N-Acetyl Cysteine) (1 cap)	✓				
Nutricost Cranberry Extract (1 cap / 25,000 mg equiv.)		✓			
Nutricost Ox Bile (125 mg)		✓			
Omega 3-7-9 with D3 (1 cap)		✓		✓	
PEA + Turmeric (2 caps / 600 mg PEA, 1,000 mg Turmeric)			✓		
Physician's Choice Probiotics (1 cap / 60B CFU)	✓				
Potassium & Magnesium (1 cap / 250 mg Mg, 99 mg K)				✓	
Q Defend Immune Support (2 caps)	✓				
Resveratrol (1 cap / 250 mg trans-Resveratrol)		✓	✓		
Selenium Complex (1 cap / 200 mcg Se, 20.1 mg Vit E)		✓			
Systemic Formulas Digest (#17) (1 cap)					✓
Taurine (1 cap / 1,000 mg)		✓		✓	
Trimethylglycine (TMG) (2 caps / 1,000 mg)	✓				
Vitamin C (1 cap / 1,000 mg)		✓		✓	