

# De Ferraris Supplement Program

- Saraw 6 Curcumin Phytosome 3 each A/M and Lunch  
Treat Yourself 8 B.P. Balance 4 A/M 4 P/M
- Saraw 1 Zinc Balance 15M Dinner
- Saraw 6 Melatonin 3MG Taken in 3 doses starting 1 1/2 Hrs B. Bed
- Q.O.L. 6 AHCC Kinoto Gold 3 each A/M and Lunch
- Saraw 2 Lutein 20MG Dinner
- " 4 Mushroom Optimizer 2 each A/M and Lunch
- " 2 Green Coffee Bean 2 A/M
- " 1 Methyl Folate 400MG Dinner
- " 1 NAC 500MG A/M
- " 1 R-Alpha Lipoic Acid 100MG Dinner
- Q.O.L. 4 GeniKinoto A/M
- New Chapter 3 Zyflamend Whole Body A/M
- Euro Pharma 1 Sago Pro before bed
- Saraw 3 Biotin 5MG Dinner
- " 2 Mastic Gum A/M
- S.N. 1 Source Natural Niacin 50 Dinner
- Saraw 6 Vit D 5000 iu 3 doses starting 1 1/2 Hrs Before Bed
- " 2 Type II Collagen 500MG Dinner
- " 2 Hyaluronic Acid 50MG "
- " 3 Mag Mind Total 144MG 3 doses starting 1 1/2 Hrs BP
- Pat. Pectan 2 Green Bee Propolis Dinner
- New Chapter 4 Prostate 5LX 2 A/M 2 Dinner
- Conquest CBD Plus Oil As Needed
- Saraw 2 Natto Max 2000Fu 100MG A/M
- Euro Pharma 1 Tri Iodine A/M

- Sawon 2 Trans-Pterostilbene A/M
- " 2 Venous Optimizer A/M
- " 2 Pressure 4 Dinner
- " 3 Vision Optimizer "
- " 4 Glucosamine + Chondroitin + MSM 2 A/M 2 Lunch
- " 4 Vet c Olesket 1000MG 4 Lunch Except Mondays
- " 4 Quercetin 500MG " " " "
- " 2 Alpha Lipoic Sustain 300MG Lunch and Dinner
- Emulphor 2 Iodine Co-Factors 2 A/M
- Sawon 3 L-Tryptophan 500MG 3 Doses starting 1 1/2 Hrs B.B.
- " 2 Green Tea 500MG A/M
- MKM Relax All as needed
- AOK A-OK as needed
- Nature's Herbs 3 Prostate Support 3 Dinner
- " " 3 First Day Inflamm Multi A/M
- Sawon 3 Prostate Optimizer A/M
- " 1 Red Yeast Rice 600MG A/M
- " 2 Resveratrol 100MG Dinner
- " 8 EPA-DHA Balance Lunch and Dinner
- " 4 Brocco Max Lunch
- " 3 DIM + COG 100MG DIM 250MG COG Lunch
- " 3 L-Carnosine before Workout
- " 3 Arginine + Ornithine 2 before Workout 1 before bed
- " 3 Acetyl-L-Carnitine + ALA 970MG before Workout
- " 4 L-Carnitine 500MG before Workout
- " 3 GPLC 750MG " "
- Kyolic 2 Garlic Blood Pressure Formula #109 Dinner

- Jarrow 2 Magnesium Optimizer 100MG w/ Pat + Tamin before bed
- " 3 Gaba Soothe 1 1/2 Hours in 3 doses before bed
- " 4 Sleep Optimizer " " 2 " " "
- " 2 Theanine 200MG " " " " "
- " 1 DHEA 25MG A/M
- " 2 MK 7 90MG Dinner
- " 2 Selenium Synergy 200MG Dinner
- " 1 Chrysin 500MG Dinner
- Nature's Bless 2 Men's Ultra Hair Plus Dinner
- Jarrow 1 Iron Soak Dinner
- " 2 Mega PC 35 "
- " 2 B-light 1 A/M 1 Dinner
- Kirkland 1 Enteric Coated 325MG Aspirin
- Jarrow 6 Jarrow-Zymes Plus 2 with each meal
- " 3 Ubiquinol QH Absorb 200MG Lunch
- Solaray 1 Magnesium Aspartate 200MG Dinner
- Jarrow 2 L-Citrulline 1000MG before bed
- Source Nat 2 S.N. Mega Strength Beta Sitosterol before bed
- Tanix 4 Pat/Mag/Tamin 1 1/2 Hrs in 2 doses before bed
- Jarrow 2 Liver Optimizer 2 Dinner
- " 2 Lyco-Soak 10MG 2 Dinner
- Metagenics 2 Renager DTX "
- Jarrow 4 Famil-E 2 Lunch 2 Dinner
- Now 6 Valerian Soak 1 1/2 Hrs in 3 doses before bed
- Jarrow 2 5-HTP 1 each in 2 doses before bed
- " 2 Astaxanthin 12MG Dinner
- " 2 Krill Oil 500MG Combined Dinner
- " 3 Ultra-Jawo-Dophilus 50 bil each A/M
- " 2 Pro-biomatic Bionaidia + Mos (l.s) etc.