

Supplement List for Dr. Mullan

Patient: _____

Date: _____

**This is important information.
Please read and take note of these instructions.**

This is a Word document in which you should list all supplements that you are taking. This is a master list. You are not meant to take all of the supplements on this list. You take only those for which I have written instructions. It is the way I keep your supplementation organized. It is absolutely essential to my knowing what is going on with you. I cannot use your individual lists. I will miss things if I do.

Note the dose and number of times per day of the supplements you are taking along side of their name **in a color print that is different from the document's original color** so that the additions are obvious. You can also just tab out. I need the additions pointed out. Most supplements appear more than once on this list. **Note the dose of the supplement and the number of times per day each is taken each time you see it on the list.**

These supplements should be added in low doses before increasing, started by themselves, and usually about 3 – 4 days allowed to observe possible reactions. If any reactions occur, the supplement should be reduced to an amount that causes little or no problem or discontinued. **If you are unsure about what to do, please ask me.**

**** The supplements may be started in the order in which you see them on this list. Continue taking supplements prior to lab testing. Do not stop them as lab instructions recommend. ****

Testing: Test through Dr. Amy so we get her input. www.holisticheal.com

() Hair Minerals Testing (HMT or Hair Elements Analysis) SKU# 08011

() Urine Amino Acids (UAA) SKU# 08003

() Urine Toxic Metals and Essential Elements (UTMEE) SKU# 08006

() GI360 SKU# 61120

() H. Pylori Test SKU# 061120

This is a correct SKU # even though the SKU # is very similar to GI360 SKU.

() Organix Comprehensive Profile Test [OAT] SKU# 31220

() Comprehensive Thyroid Assessment Test SKU# 32816.1

() Urine Iodine Test SKU# 08013

() Other testing

Send Dr. Amy 1) A 1-3 page history of the issues you are having; 2) all test results from the past 2 years; 3) a list of supplements that you are taking or any that I have told you to start over time. Include links for any supplements with which Dr. Amy may not be familiar. Let her know that you are my patient. Dr. Amy can be reached through her assistant at feelgood@holistichealth.com

NOTES ABOUT DIET:

You may find the book [Practical Paleo](#) by Diane Sanfilippo useful if I told you to do a paleo diet

STEP ONE: Program to reduce Neurological Inflammation

Remove Excitotoxins.

Remove sugar, processed foods, junk foods and non nutritive food.

Remove allergic food (from food allergy testing).

No Trans-fats: no partially hydrogenated oil of any kind.

Prescription Medications: Please list any prescription medications taken. Note the name, dose and number of times per day taken.

Starting out:

- All in One

Open a capsule and start with the amount you can fit on the broad end of a toothpick. You should not see much of a reaction. Build up slowly to 1/4 cap, and then 1/2 cap, and ultimately to 1 cap as tolerated. Do not rush. Proceed as your body tolerates it.

- DHA:

You want more DHA in your program than EPA.

Shortcut Support

- PS/PC/PE: Phosphatidyl Serine Complex (SKU# 01043):

Pierce the cap. Start with a sesame seed sized amount. Work up only slowly. There are many versions of Phosphatidyl Serine out there. Use Dr Amy's formulation that you can find at holisticheal.com

Lithium: Supporting B12 and Folate uptake into the cell

- Lithium Orotate caps: 5mg elemental lithium.
- Lithium Drops:
- Be Calm Spray: contains low dose lithium.

Vitamins, Minerals Antioxidants to lay the nutritional groundwork:

- All in One
- Organic Bee Pollen / Royal Jelly
- Pteridin-D (BH4)
- MTHFR A1298C Liver Support
- VDR FOK+ Pancreatic Support
- Special Digestive Enzyme
- Ultra Dairy Digest
- Cell Food
- Muscle Fatigue Support
- Bio Nativus
-
- Black Bear Spray
-
- Get B12 Spray
- SHMT Boost Spray

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- Hydroxy B12 Mega Drops
- Methyl B12 Mega Drops
- Adenosyl B12 Mega Drops
- SAME: Use the foil wrapped SAME. You may need to start low. Crush a 200 mg tab and start with a large crumb. Throw the rest away because it oxidizes and becomes almost useless.
- Folinic Plus
- Methyl Folate 5-MTHF Drops: You may need to start with a dilution.

The supplements listed above these lines support methylation. They need to be added with care and significant attention paid to their impacts. You may be sensitive to these.

The supplements listed below these lines do not have a direct impact on methylation. They play a supportive role in your body's overall function. They can be added more quickly, started in greater amounts, and maybe put into place even before some of the supplements above the lines. You are much less likely to be sensitive to these, although it might occur. Keep your eyes open.

- Biotin
- Riboflavin-5-Phosphate
- Niacin/niacinamide/NADH
- Ultimate B
- Vitamin A
- Vitamin C
- Vitamin D: Vita D Light Spray is preferred form.
- Vitamin E
- Vitamin K
- Vita Organ
- Intact Multigland
- Inflammatory Pathway Support Capsules
- Magnesium Liquid
- Magnesium Citrate
- Muscle Fatigue Support
- Zinc Liquid
- MTR/MTRR/SUOX
- Cal/Mag/D/K
- Potassium Liquid
- Potassium Citrate
- T cell
- B cell
- Adenosine Triphosphate (ATP)
- Manganese Liquid
- Molybdenum Liquid

- Molybdenum Caps
- Boron
- Chromium Liquid
- Selenium Liquid
- Strontium
- Vanadyl Sulfate / Vanadium
- Iodine

Iodine patch test: Get a solution of Super Saturated Potassium Iodide (SSKI). You may also use Detoxified Iodine from www.IodineSource.com. Paint a 2" square of iodine on your skin. If it disappears quickly, within one hour, you need iodine. Continue painting it onto your skin until the rate at which it disappears slows down. When the coloration stays for 24 hours, your body is replete with iodine and you can paint in on less frequently for maintenance.

- Lactoferrin
- Co Q 10 Spray (contains Carnitine)
- Co Q 10 caps
- Colostrum with Lactoferrin and IGF 1
- Bioactive Colostrum
- Carnitine
- Rhodiola
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List Nucleotides used:

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Amino Acid Support: on empty stomach (ES)

- Amino Assist Capsules
- Amino Assist Spray
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Support for AHCY/SHMT

- AHCY/SHMT Compounded Supplement
- SHMT Boost Spray
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Support for ACAT+/BHMT

- ACAT/BHMT Compounded Supplement
- Biotin

Energy Supports

- Magnesium Liquid
- PotassiumLiquid
- Zinc Liquid
- Niacin/Niacinamide/NADH
- Biotin
- Benfotiamine
- ATP
- MitoForce
- Riboflavin 5 phosphate
- Carnitine
- CoQ10 Gel Cap
- CoQ10 Spray
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Kidney Support

- CBS/NOS Compounded Supplement
- Kidney Support RNA
- Ora Kidney

Support for High Oxidative Stress/Inflammatory Mediators

- Ultifend Capsules
- Quercetin 500
- Quercetin 500 Plus
- General Inflammatory Pathway Support Nucleotide
- Cytokine Balance Nucleotide
- Inflammove
- Resveratrol Spray
- Glutathione

Support for Reducing Aluminum, Lead and Cadmium

- Metal Away
- Bone Support RNA
- EDTA soak or soap

Support for MAO+ and Serotonin Balance

- SeroMood
- Frequent, low dose Mood S RNA

Gastrointestinal Tract Support

- Special Digestive Enzyme
- Ultra Dairy Digest
- Bactisolve
- Suprema Dophilus
- Lactobacillus Mix
- L. reuteri
- Nutri Clean
- Buffer pH
- Dry Mix Instructions: see page 8.
- Dry mix contents are on this page.
- Naturomycin PVB Caps
- Naturomycin PVB Spray
- Caprylic Acid
- Grapefruit Seed Extract
- Candisol

Support to Reduce Clostridia

- CLX RNA
- Anaerobic
- NaturoMycin Caps
- NaturoMycin Spray
- Mag 07
- K 07
- Bay Leaf
- Lactobacillus
- L reuteri
- Ashwagandha

Helicobacter Program

- PeptiMycin
- HELX RNA
- Aluminum Free Baking Soda
- Air Power
- Fever Few
- NaturoMycin Caps
- NaturoMycin Spray
- Triphala
- Bowel Support RNA
- Organ Support RNA
- Carnitine
- Zinc
- Bismuth
- Mastica Gum
- B12 Spray, Drops
- MTHFR A1298C Compounded Supp.
- SHMT Oral Spray
- Broccoli Max
- Lactoferrin
- Grape Seed Extract
- Cat's Claw

Dry Mix Instructions: Use a small, covered container the size of a jelly jar from a hotel. Open the recommended type and number of supplement capsules into the jar and mix them together. Press cellophane or other acceptable material down over the top of the mix before closing the jar to make it as airtight as possible. Start with a tiny amount of the mix once a day away from probiotics, for example, the tip of one prong of a fork. Next use the broad end of a toothpick. Increase only as tolerated to a tiny amount twice a day. Ultimately you will take the whole mix either once or twice a day as directed. At some point, you will be able to take the capsules whole and you will not need to do the dry mix any more. The dry mix is used to avoid die off.