

Supplements

Company	Name / code	£	Comments	Dosage
Thorne research	Neurochondria 90's / TR-SF738-HI	102	For peripheral neuropathy. Everything needed in 1 supplement.	3 capsules per day for 5 days with empty stomach. In the absence of any side effects gradually increase to 6 pd in 2 dosages.
Solgar	Quercetin Complex 50's	16.5	Antioxidant	4 capsules 3 times a day without food.
Thorne Research	Omega Plus (EPA & GLA) 90's / TR-SP607-HI	54		3 capsules x1 a day. In the absence of any side effects gradually increase to 9 capsules x3 a day
Jarrow Formulas	Neuro Optimizer 120's -JF-Neuro-HI	59.8		4 capsules per day for 5 days with empty stomach. In the absence of any side effects gradually increase to 8 pd in 2 dosages.
Cytoplan	Vitamin B12 500 ug as methylcobalamin / CY-1039	7.90		Take 3 capsule for 5 days. Gradually increase to 6.
Cytoplan	Methylfolate 400ug 60's (wholefood) / CY-3319	£10.25		Take 1 capsule per day for 5 days. Gradually increase to 3.