5/20 experiment with elderberry/ashwaghanda - i
Coffee need paper filters else cafestol isn't filtered
hydrate well - muscle cramps

Sat
1500mg nac 2x a day when I have a cold w/ musc
ursolic acid: 200-500mg/day
https://www.blimhealth.com/
Cabergoline: possible air in stomach, gas,
Misc: Dukoral vaccine 11/2019 - booster due 11/2021

hydroxychloroquine (HCQ) and chloroquine (CQ) may be toxic when combined with Metformin.

resveratrol (highest in red bordeux wine, serm -selective estrogen receptor modifier - potentiates er-beta)
curcumin, egcg, olive leaf extract (w/ket 5.6 liters of blood 545g/mol
1.456 gallons of blood
cimetidine inc estr?
https://www.omnicalculator.com/chemistry/Molarity
https://integrativeoncology-essentials.com/2019/03/blocking-cancer-with-combinations-of-supplements-and-off-label-drugs/ mytavin.com website
dipyridamole kill cycle?
hydroxychloroquinone cycle2 Zoledronic Acid and Celecoxib if bone mets - calcium from bones
5mg doxy with 5mg Azithromycin - empty stomach

By maintaining colder temperatures during the brew, the oils in the beans are not released.
So, cold brewed coffee can be up to 70% less acidic than hot
which makes it easier on someone who struggles with IBS symptoms

Name	Low	Source	Piperine	Oil	Days	Number	Evidence	Holiday	Cramps	Cancer	Cycle#1	Cycle#2	Cycle#3	Cycle#4	Off now	Dose	Price	Servings	$/Month	Notes	Cycle Weeks on/off	On	Off	Half Life	Absorptn	Russ specific	Pathway	Apoptos	Antioxid	Antioxid	Insomnia	Head	back	Kidneys
Cycle: 4			enhance	enhances							85.13	74.13	78.13	33.13																				
41.25			bioavaila	absorption							143.25	130.25	122.25	41.25					$82.03															
Creatine Monohydrate					7	4.00	3.25				4.00	4.00	4.00	4.00	No	5g	$24	75	$9.60	every day other than IV-C days	12/4			3						?	no	no	no	
Magnesium Bicarb					***7***	***1.00***	3.00			***Yes***	***1.00***	***1.00***	***1.00***	***1.00***	***no***	***Blood pressure. Magnesium RDA is 420mg (2.5g of magnesium bicarb). Dose 1g***				***Blood pressure. Magnesium RDA***														
Potassium Bicarb					7	1.00	3.00			Yes	5.00	5.00	5.00	1.00	no	Blood pressure. Potassium RDA is 4200mg (10g of potassium bicarb). Dose 5g				Blood														
Testosterone Cypionate		*Goodrx Safeway*			***7***	***1.00***	3.00			***Yes***	***1.00***	***1.00***	***1.00***	***1.00***	***no***	***400mg/wk***				***HT***	***NA***			***8***	***yes***				***no***	***no***		***no***	***yes***
garlic					7	1.00	3.00			Yes	1.00	1.00	1.00	1.00	no	3-6 cloves					NA			16						yes	no			
Cocoa					***7***	***1.00***	***3.00***			***Yes***	***1.00***	***1.00***	***1.00***	***1.00***	***no***	***1g cocoa polyphenols (approx 20g cocoa powder)***																	
Cinnamon					7	1.00	3.00			Yes	1.00	1.00	1.00	1.00	no	5-6g cassia or ceylon with meals																	
Blueberries					***7***	***1.00***	***3.00***			***Yes***	***1.00***	***1.00***	***1.00***	***1.00***	***no***	***60-120g/day***																	
kyolic garlic					7	2.00	3.00			Yes	2.00	2.00	2.00	2.00	no	440mg	$28	50	$16.80		NA			16						yes	no			
Magnesium					***7***	***3.00***	3.00			***Yes***	***3.00***	***3.00***	***3.00***	***3.00***	***no***	***500mg***				***Reduce***														
sodium bicarbonate					7	**1.00**	**3.00**			Yes	**6.00**	**6.00**	**6.00**	**1.00**	**no**	3g	$18	200	$2.70	**primari**	**NA**									no	*possible*	yes	no	
Orlistat					***7***	***2.00***	**2.50**			***Yes***	***2.00***	***2.00***	***2.00***	***2.00***	***no***					***Block***														
Olive leaf extract					7	**2.00**	**2.33**			Yes	**2.00**	**2.00**	**2.00**	**2.00**	**no**	1g					**NA**									yes but o	no			
Probiotic					***7***	***1.00***	2.00				***1.00***	***1.00***	***1.00***	***1.00***	***no***					***Refrigera***	***4/1***										***no***			
Losartan HCT2					7	1.00	2.00		yes	Yes	1.00	1.00	1.00	1.00	no	3mg				Reduce				10	yes									
CoQ10					***0***		**1.33**			***Yes***	***0.00***	***0.00***	***1.00***	***0.00***	***no***	***100mg***				***Interfe***	***NA***											***yes***			
Prebiotic mix (psyllium, inulin, GOS)					7	**1.00**	**-0.20**				**1.00**	**1.00**	**0.00**	**1.00**	**no**	15q (mixture)																		
capsaicin					***7***	***1.00***	**-0.20**				***1.00***	***1.00***	***0.00***	***1.00***	***no***	***15q (mixture)***																		
cacao					7	**1.00**	**-0.20**				**1.00**	**1.00**	**0.00**	**1.00**	**no**	15g (mixture)																		
Vitamin K2 MK7 form			***x***	***x***	***6***	***0.86***	**3.33**			***Yes***	***1.71***	***1.71***	***1.71***	***0.86***	***no***	***100mcq***				***(K2/M***	***NA***			***60***					***yes***				
Beta sisterol (e.g. cholestoff)					6	1.71	2.33			Yes	2.57	2.57	2.57	1.71	no	900mg sterols/stanols				Blocks				3			yes				no			
quercetin					***6***	***0.86***	**2.25**			***Yes***	***0.86***	***0.86***	***0.00***	***0.86***	***no***	***750mg***				***With***				***12***				***With HD***					
sulphoraphane (take w/ curcumin/aspirin)					6	2.57	2.00			Yes	2.57	2.57	2.57	2.57	no	30mg																	
Ashwagandha 40mg with good for sleep			***x***		***5***	***0.71***	2.33			***Yes***	***2.14***	***2.14***	***2.14***	***0.71***	***no***	***500mg***				***More is***													
dutasteride (avodart)		Goodrx Gold Frys			4	**0.57**	**3.00**			Yes	**0.57**	**0.57**	**0.57**	**0.57**	**no**	0.5mg				**Blocks**	**NA**			300		yes			no	*no*	no	no	
finasteride		***Goodrx Gold Frys***			***3***	***0.43***	**3.00**			***Yes***	***0.43***	***0.43***	***0.43***	***0.43***	***no***	***5mg***				***Blocks***	***NA***			***8***		***yes***			***no***	***no***	***yes***	***yes***	***?***
Children's multivitamin (and one centrum a week)					3	0.43	3.00				0.43	0.43	0.43	0.43	no	NA																	
Iron - Ferrous bisglycinate			***x***		***3***	***0.43***	**2.00**				***0.43***	***0.43***	***0.43***	***0.43***	***no***	***25mg***														***no***			
AI (letrozole)		Goodrx Gold Frys			1	0.04	3.00			Yes	0.04	0.04	0.04	0.04	no	approx .6mg/wk				HT	NA					yes			no	no	yes	yes	
Vitamin D (From NIHL One situation in which D2 may be prei				***x***	***1***	***0.14***	**3.00**			***Yes***	***0.14***	***0.14***	***0.14***	***0.14***	***no***	***10kiu-20kiu/week***				***take***	***NA***			***336***							***no***			
rapamycin (siralimus)	x	Goodrx Safeway			1	**0.14**	**3.00**			Yes	**0.14**	**0.14**	**0.14**	**0.14**	**no**	2mg				**Inhbits**	**?**			60	1					no	*no*		
Potassium					***0***		**NA**				***0.00***	***0.00***	***0.00***	***0.00***	***no***	***99mg (hypertension experts rec up to 4.7g a day)***				***Blood***													
Wheat Germ Oil					0		**Abs/Bio**				**1.00**	**2.00**	**1.00**	**0.00**	**no**	1g	$30	360	$2.50		**NA**									yes but o	no			
Sea Buckthorn oil					***0***		**Abs/Bio**			***Yes***	***2.00***	***2.00***	***2.00***	***0.00***	***no***	***1g***	***$22***	***100***	***$6.60***		***NA***									***yes***	***no***			
Fish oil					0		Abs/Bio			Yes	3.00	3.00	3.00	0.00	no	5g	$30	160	$5.63		NA									yes but ok	no			
Lecithin					***0***		Abs/Bio				***3.00***	***2.00***	***2.00***	***0.00***	***no***	***1g***	***$16***	***400***	***$1.20***		***NA***									***yes but ok***	***yes***			
Piperine					0		Abs/Bio	4/1/2020		Yes	2.57	2.57	2.57	0.00	no	10mg				enhances	NA									yes but ok				
Flax oil					***0***		**Abs/Bio**				***0.00***	***0.00***	***0.00***	***0.00***	***no***	***1g***				***Has***	***NA***									***yes but ok***			
Pravastatin		Goodrx Gold Frys		x	0		**3.00**	4/1/2020	**Yes**	Yes	**1.00**	**1.00**	**1.00**	**0.00**	**no**	10mq				**Statin:**	**?**			22			yes	yes	no	?	yes	yes	yes
Lovastatin		***Goodrx Gold Frys***		***x***	***0***		3.00	***4/1/2020***	***Yes***	***Yes***	***1.00***	***1.00***	***1.00***	***0.00***	***no***	***10mg***				***Statin:***	***?***			***4***			***yes***	***yes***	***no***	***yes***	***yes***	***yes***	***yes***
7-Keto DHEA					0		**3.00**			Yes	**1.00**	**1.00**	**1.00**	**0.00**	**no**	50mg	$26	60	$13.00	**Activat**			**Nov/D**	2					no	*possible*			
DIM (Diindolylmethane)					***0***		3.00			***Yes***	***2.00***	***2.00***	***2.00***	***0.00***	***no***	***225mg***	***$13***	***60***	***$6.50***	***combine***	***NA***			***3***				***maybe***	***no***	***no***		***no***
zytiga (ask dr flaherty about food...)		accredo			0		**3.00**	4/1/2020		Yes	**3.00**	**2.00**	**2.00**	**0.00**	**no**	250mg				**combin**	**NA**			12		yes			no	*yes*	no	yes	
metformin		***Goodrx Gold Frys***			***0***		3.00	***4/1/2020***		***Yes***	***4.00***	***2.00***	***3.00***	***0.00***	***no***	***500mg***				***Inhibits***	***7/1***			***6***				***yes***	***no***	***no***	***yes***	
Naltrexone (LDN) - possible anemia		melrose	x	x	0		3.00	4/1/2020		Yes	1.00	0.00	1.00	0.00	no	5mg								5						yes	yes	yes	
prednisone		***Goodrx Gold Frys***			***0***		3.00	***4/1/2020***		***Yes***	***0.86***	***0.86***	***0.86***	***0.00***	***no***	***5mg***				***reduces***	***NA***			***4***		***yes***			***no***	***yes***	***yes***	***ract with naproxen***	
ursolic acid					0		**3.00**			Yes	**0.00**	**0.86**	**0.86**	**0.00**	**no**					**transd**				4			yes		no	*no*			
Artemisinin			***x***		***0***		**3.00**			***Yes***	***0.86***	***0.43***	***0.86***	***0.00***	***no***	***200mg***				***Apopto***	***?***			***1***				***yes***	***no***				
Niclosamide (use with IVC)					0		**3.00**			Yes	**0.00**	**0.00**	**0.43**	**0.00**	**No**	10-3000mg 1-3x a day				**use**													
Cabergoline					***0***		3.00			***Yes***	***0.29***	***0.29***	***0.29***	***0.00***	***no***	***.25mg/wk***				***Reduces***	***NA***					***yes***							
Thymosin alpha-1 - test affect on WBC					0		3.00				0.29	0.29	0.29	0.00	no																	
Doxycycline		***Goodrx Gold Safeway***			***0***		**3.00**	***4/1/2020***		***Yes***	***0.86***	***0.00***	***0.00***	***0.00***	***no***	***50mg***				***combi***								***yes***					
mebendazole (cycle with fen)		melrose	x	x	0		3.00	4/1/2020		Yes	0.43	0.00	0.00	0.00	no	100mg				might				4			yes		no	no			
bicalutamide (casodex) (xtandi more effective but side effects considerably worse)					***0***		3.00			***Yes***	***0.00***	***0.00***	***0.00***	***0.00***	***Yes***	***50mg***				***Blocks AR***	***NA***			***168***		***yes***			***no***	***yes***			
Tamoxifen - HOLD OFF UNTIL I FIGURE IT OUT - maybe only on E cycles, low					0		**3.00**			Yes	**0.00**	**0.00**	**0.00**	**0.00**	**Yes**	5mg				**Aromat**	**?**			144		yes		maybe	no	*yes*			
red rice yeast (do not take CoQ10) - statin alternative. 5mg a				***x***	***0***		**2.80**	4/1/2020	***Yes?***	***Yes***	***7.00***	***7.00***	***7.00***	***0.00***	***no***	***600mg***		***24***	***$17.50***	***Refrig***				***3.5***			***yes***			***possible***		***yes***	
Tea blend			x	x	0		2.75			Yes	0.86	0.86	0.86	0.00	no	1 cup				might	12/4	O/N/D/Ja	Feb	5				yes	yes	yes			yes
Melatonin					***0***		**2.75**			***Yes***	***9.43***	***9.43***	***9.43***	***0.00***	***no***	***.5 sleep, 50-500mg/pro-ox***				***inhibit***				***0.8, 7 hrs for 10mg, dose dependant***					***dose depend***	***no***			
Swanson Reishi Mushroom 600 Milligrams					0		**2.67**			x	**4.00**	**4.00**	**4.00**	**0.00**	**no**	1200mg																	
Indole 3 Carbinol (I3C)					***0***		2.67			***Yes***	***0.00***	***0.86***	***0.86***	***0.00***	***no***	***81mg***				***AL***				***3***				***maybe***	***yes***	***no***			
Milk thistle					0		2.67			Yes	0.00	0.00	0.00	0.00	no	760mg				possibly													
nano curcumin or theracumin (aspirin potentiates)			***x***	***x***	***0***		**2.60**	4/1/2020		***Yes***	***0.86***	***0.86***	***0.86***	***0.00***	***no***	***250mg***				***therac***	***12/4***			***6***			***yes***	***yes***		***yes***			
Curc C3 (aspirin potentiates)			x	x	0		2.60	4/1/2020		Yes	0.86	0.86	0.86	0.00	no	1100mg					12/4			6			yes	yes		no		no	
Curc Longvida (aspirin potentiates)			***x***	***x***	***0***		**2.60**	4/1/2020		***Yes***	***0.86***	***0.86***	***0.86***	***0.00***	***no***	***650mg***				***cox2***	***12/4***			***6***			***yes***	***yes***		***no***		***no***	
turmeric (aspirin potentiates)			x	x	0		2.60	4/1/2020		Yes	0.86	0.86	0.00	0.00	no	5g				cox2	12/4	nov/dec/j	mar	6				yes		no		no	
Curc (aspirin potentiates)			***x***	***x***	***0***		**2.60**	4/1/2020		***Yes***	***3.43***	***0.00***	***0.00***	***2.00***	***no***	***400mg***				***cox2***	***12/4***	***nov/d***	***mar***	***6***			***yes***	***yes***		***no***		***no***	
grape seed					0		2.50				1.00	1.00	1.00	0.00	no	400mg				Natural AI													
Nardil		***Goodrx Gold Frys***			***0***		**2.50**	4/1/2020		***Yes***	***4.00***	***4.00***	***4.00***	***0.00***	***no***	***15mg***					***NA***			***11***						***yes***			
Powder MCP / IP6 / Inositol					0		**2.50**			Yes	**0.86**	**0.86**	**0.86**	**0.00**	**no**	tbsp				**Patrick**													
EGCG			***x***	***x***	***0***		2.50	4/1/2020		***Yes***	***2.57***	***2.57***	***0.00***	***no***	***400mg***				***empty***	***12/4***			***5***			***yes***	***yes***	***yes***	***possible***		***no***	
ibuprophen oposite days from aspirin					0		**2.50**	4/1/2020		Yes	**0.00**	**0.57**	**0.57**	**0.00**	**no**					**cox2**	**NA**						yes		?	*no*			
Resveratrol					***0***		2.50			***Yes***	***0.43***	***0.43***	***0.43***	***0.00***	***no***	***150mg-3000mg***				***Highest***													
Fisetin			?	?	0		2.50			Yes	1.00	0.00	0.00	0.00	no	100mg					?									?	no			
naproxen (e.g. aleve)					***0***		**2.50**			***Yes***	***2.57***	***0.00***	***0.00***	***0.00***	***no***	***200mg***					***NA***			***14***			***yes***	***yes***		***no***		
Lycopene					0		2.50			Yes	2.00	2.00	0.00	0.00	no	20mg				NHANES											no		no
Cimetidine (Tagamet)? Inc estrogen?					***0***		**2.50**			***Yes***	***0.00***	***0.00***	***0.00***	***0.00***	***Yes***	***200mg***				***Take***		***Sept***	***Oct,***	***2***							***no***		
boswellia					0		2.50			Yes	0.00	0.00	0.00	0.00	no	500mg				Acts on													
Pomegranate (extract)					***0***		**2.50**			***Yes***	***0.00***	***0.00***	***0.00***	***0.00***	***no***	***2oz***				***Whole***										***yes***	***no***		
berberine					0		**2.38**			Yes	**2.57**	**1.71**	**0.00**	**0.00**	**no**	500mg					**8/4**	**O/N**	**Dec**	5			yes	maybe		*no*		
aspirin opposite days from ibuprophen (take with curc and brocoli)					***0***		**2.33**			***Yes***	***0.43***	***0.43***	***0.43***	***0.00***	***no***	***81mg***				***increa***	***NA***			***0.15***			***yes***		***yes***	***no***		
genistein					0		2.33			Yes	0.00	0.00	0.00	0.00	Yes	100mg				(serm -	?			46					no			
astragalus (Angelicae Sinensis increases absorption)					***0***		**2.33**			***Yes***	***0.00***	***0.00***	***0.00***	***0.00***	***no***	***5g***																
HCA					0		**2.00**			Yes	**0.86**	**0.86**	**0.86**	**0.00**	**no**	250mg								12						*no*		
Fenbendazole (cycle with meb) take 3 days in a row				***x***	***0***		2.00	4/1/2020		***Yes***	***0.00***	***0.43***	***0.00***	***0.00***	***no***	***222mg (1g Panacur C)***				***might***													
Vitamin E Delta Tocopherol/Delta Tocotrienol (2:1 with Gamma Tocopherol)					0		2.00			Yes	0.14	0.14	0.00	0.00	no	100IU																
azithromycin		***Goodrx Gold Frys***			***0***		**2.00**	4/1/2020		***Yes***	***0.00***	***0.00***	***0.00***	***0.00***	***no***	***125mg***				***comob***													
Zyflamend					0		2.00			Yes	0.00	0.00	0.00	0.00	no	cap																
ProstaCaid					***0***		**2.00**			***Yes***	***0.00***	***0.00***	***0.00***	***0.00***	***no***																
Pomi-T					0		2.00			Yes	0.00	0.00	0.00	0.00	no	cap																
Ginger					***0***		**1.88**			***x***	***2.00***	***2.00***	***2.00***	***0.00***	***no***	***400mg***				***tsp of***													
Spirulina (10%+ phycocyanins) 1-4 grams of phycocyanins is effective dose					0		**1.83**				**2.00**	**1.00**	**0.00**	**0.00**	**no**																	
theracurcumin			***x***		***0***		1.75	***4/1/2020***		***Yes***	***0.00***	***0.00***	***0.00***	***0.00***																		
Niacin - increases NAD and bad for PrC???					0		1.60				0.00	0.00	0.00	0.00	no	1g				do not									yes			
korean (panax) ginseng					***0***		1.50				***0.00***	***0.00***	***0.00***	***0.00***	***no***																	
Black cumin seed (Nigella sativa)					0		**1.50**			Yes	**0.00**	**0.00**	**0.00**	**0.00**	**no**	TBSP																
nigella sativa oil					***0***		1.50			***Yes***	***0.00***	***0.00***	***0.00***	***0.00***	***no***	***1g***																
IP6 and Inositol					0		**1.33**			Yes	**0.00**	**0.00**	**0.00**	**0.00**	**no**															*yes*		
PQQ (Pyrroloquinoline quinone)				***x***	***0***		1.33			***Yes***	***0.00***	***0.00***	***0.00***	***0.00***	***no***																	
Gamma Tocopherol - gamma tocopherols in blood. Best is a mix of gamma and delta?					0		1.00				0.00	0.00	0.00	0.00	no	750mg twice a week (1125IU - 2x)					NA			13					yes	no			
colostrum					***0***		**1.00**				***0.00***	***0.00***	***0.00***	***0.00***	***no***					***Refrig***													
american ginseng					0		1.00				0.00	0.00	0.00	0.00	no																	
Red wine					***0***		**1.00**				***0.00***	***0.00***	***0.00***	***0.00***	***no***																	
fulvic acid					0		0.50				0.00	0.00	0.00	0.00	no																	
eleuthrococcus senticosous (siberian ginseng)					***0***		**0.50**				***0.00***	***0.00***	***0.00***	***0.00***	***no***																	
pterostilbene					0		0.33			Yes	0.00	0.00	0.00	0.00	no																	
Hesperidin (a bioflavonoid)					***0***		**0.33**			***Yes***	***0.00***	***0.00***	***0.00***	***0.00***	***no***																	
Bromelain					0		0.33			Yes	0.00	0.00	0.00	0.00	no					empty													
black cohash					***0***		**0.00**			***Yes***	***0.00***	***0.00***	***0.00***	***0.00***	***no***																	
beta 1,3d glucan					0		0.00			Yes	0.00	0.00	0.00	0.00	no																	
mistletoe					***0***		**0.00**			***Yes***	***0.00***	***0.00***	***0.00***	***0.00***	***no***																	
Strawberries					0		2.00			x	0.00	0.00	0.00	0.00	no																	
Losartan					***7***	***1.00***	**3.00**			***x***	***1.00***	***1.00***	***1.00***	***1.00***	***no***	***50mg***				***Hypert***				***9***		***Yes***							
l-taurine					0		**-0.20**				**0.00**	**0.00**	**0.00**	**0.00**	**no**																	
beta alanine					***0***		**-0.20**				***0.00***	***0.00***	***0.00***	***0.00***	***no***																	
HMB					0		**-0.20**				**0.00**	**0.00**	**0.00**	**0.00**	**no**																	
Elderberry (experiment 5/20 WBC)					***0***		**-0.20**				***0.00***	***0.00***	***0.00***	***0.00***	***no***																	
Caffeine					0		**-0.20**				**0.00**	**0.00**	**0.00**	**0.00**	**no**																	
Green Coffee extract					***0***		**-0.20**				***0.00***	***0.00***	***0.00***	***0.00***	***no***																	
Theanine					0		**-0.20**				**0.00**	**0.00**	**0.00**	**0.00**	**no**																	
citrulline malate					***0***		**-0.20**				***0.00***	***0.00***	***0.00***	***0.00***	***no***																	
b vitamins					0		-0.33				0.00	0.00	0.00	0.00	no																	
NAD+					***0***		**-1.00**				***0.00***	***0.00***	***0.00***	***0.00***	***no***																	

Cycle#1, most substances in this cycle

	Cycle#1	Cycle#2	Cycle#3	Cycle#4	Cycle#5	Cycle#6	Cycle#7	Cycle#8	Cycle#9	Cycle#10	Cycle#11	Cycle#12
Anti-PrC												
Meal												
Empty stomach												
Night												
	Needs piperine				**Has piperine**							
	Needs oil				**Has oil**							
	Needs oil and piperine				**Has oil and piperine**							
	Morning			Meal					Anti-PrC	Anti-PrC	Anti-PrC	Night
	23.25	0.00	0.00	31.00	0.00	0.00	0.00	0.00	21.00	25.00	29.00	14.00
	1	2	3	4	5	6	7	8	9	10	11	12
Creatine Monohydrate				4								
Magnesium Bicarb											***1***	
Potassium Bicarb											5	
Testosterone Cypionate	***1***											
garlic				1								
Cocoa	***1***											
Cinnamon				1								
Blueberries				***1***								
kyolic garlic											2	
Magnesium												***3***
sodium bicarbonate	5											1
Orlistat				***1***						***1***		
Olive leaf extract										1		1
Probiotic				***1***								
Losartan HCT2												1
CoQ10												
Prebiotic mix (psyllium, inulin, GOS)	1											
capsaicin	***1***											
cacao	1											
Vitamin K2 MK7 form				***1***							***1***	
Beta sisterol (e.g. cholestoff)				2						1		
quercetin										***1***		
sulphoraphane (take w/ curcumin/aspirin)										3		
***Ashwagandha 40mg

| e#2 | | | | | | | Cycle#3 | | | | | | | | | | | | Cycle#4, mostly benign or required substances | | | | | | | | | | | | | | | | | | | | | | | | | WO | | | | | | | | | | | | | | | | | | |

https://www.drugs.com/mednotes/

Want Low

SHBG	HDL	Acidosis	LDL	Immune	Cardio/BP	Fat loss	Insulin/Glu	Inflamatio	WBC	RBC	Brain	Natural Killer cells	Sleep	Vit E	Gastric	Head	Exercise	Edema	Urination	Drowsiness	Drug interc	Cardiac
							x											no		no		
		x															***x***					
		x															x		***x***	***no***		
	x		x	***x***														no		no		x
					x								***x***									***x***
							x						x									
				x	***x***								***x***									
	x		x	x														no		no		
													x									
		x													x	x	x	yes		*no*		
							x															
																				no		
				x						***x***								***no***		***no***		
													x									
					x																	
				x	***x***													***no***		***no***		
			x	x														no		no	pravastatin	
																						x
				x				***x***	***x***			***x***	***x***									
																			x	*no*		
																			x	***no***		
										x								***no***				
																			x	no		
dec				***x***	***x***			***x***										***no***				
															x			yes				
														x						*no*		
	x			***x***										***x***						***no***		
			x		x						x									no		
			x																	***no***		
																				no		
														x								
inc	x		x																	*no*	*Bicalutamid*	
inc	***x***		***x***																	***no***	***Bicalutamid***	
																		no		*no*		
																		no				
															x			yes	x	*Possible*		
inc			***x***												***x***			***no***				
				x				x	x			x						no		possible		
																x		***yes***		***no***		
																		no				
																				possible		
									Inc										***x***	***no***		
																		no		possible		
inc															***x***					***x***	***Statin***	
inc															x				x			
inc			***x***															***no***		***no***		
			x															no				
																		no		***possible with >10mg doses***		
	x			x			x	x	x			x										
								x										***no***				
								x										***no***		***no***		
								x										no		no		
								x										***no***		***no***		
																		no		no		
								x										***no***		***no***		
					x																	
inc															***x***			***no***		***Possible***		
																				no	*lovastatin*	
			x			***x***												***no***				***possible liver damage at doses above 800mg/day***
								x										no		*possible*		
					x																	
								x										no		no		
				x					x									***no***		***no***		
				x														no				
																		no				
																		no				
	x		x				x											no				
								x										***no***		***doubtful***		
				x																		
																		no				
																				no		
							x															
								x														
	x		x																			
	x		x	x					x	x												
	x		***x***	***x***					***x***	***x***												
								x														
														x				no				
				x						***x***												