



## Supplements to Combat CFS



### **Multivitamin with minerals**

Take as directed. Helps maintain overall nutrient balance.

### **Vitamin A**

25,000 IU daily for six weeks, then reduce to 5,000 IU for maintenance. Helps regulate the immune system.

### **High potency B-complex**

Two capsules daily. Supports adrenal function, metabolism and energy production.

### **Vitamin C**

1,000 mg or to bowel tolerance. Stimulates T-cells and the release of interferon.

### **CoQ10**

100 milligrams twice daily. Increases natural killer cell and antioxidant activity.

### **Astragalus**

One capsule (500 mg) twice daily. Improves stamina and stimulates antibody production and white blood cell activity for those with viral CFS.

### **Licorice DGL**

Up to one gram daily. Increases blood pressure in CFS sufferers who have low blood pressure.

### **Sterols and sterolins**

Two capsules three times daily for six weeks, then one capsule three times daily for maintenance. Increases gamma-interferon and IL-2, stops auto-antibody production, decreases inflammation and IL-4 implicated in allergies.

### **Protein powder**

One to two scoops daily. Provides adequate protein for repair and is a source of tryptophan, carnitine and other amino acids.

### ***Lactobacillus acidophilus***

One to two billion active organisms. Improves intestinal flora for CFS sufferers where candida is a factor.