

SUPPLEMENT STACK - AS OF 12/20/2025

<i>Manufacturer</i>	<i>Name</i>	<i>Qty</i>	<i>Total Dose</i>
MORNING			
Life Extension	MacuGuard Ocular Support	1	10mg
Momentus	Creatine Monohydrate	-	5mg
Thorne	Theanine	1	200mg
Thorne	Acetyl-L-Carnitine (ALC)	1	500mg
Nutrasal	Phosphatidyl Choline	1	900mg
Life Extension	Magnesium L-threonate	1	144mg
Pure Encapulations	Taurine	1	1000mg
Pure Encapulations	Folate 400	1	400mcg
Pure Encapulations	N-Acetylcysteine (NAC)	1	600mg
DINNER			
Pure Encapulations	O.N.E. Multivitamin	1	
Pure Encapulations	Methylcobalamin	1	1000mcg
Pure Encapulations	Copper Bisglycinate	1	2mg
Kyolic	Aged Garlic Extract	2	600mg
Sports Research	Vitamin D3	1	5000IU
Sports Research	Vitamin K2 MK-7	1	100mcg
Vital Nutrients	Ultra Pure Fish Oil 700	2	1400mg
Pure Encapulations	Vitamin C	1	500mg
Thorne	Alpha-Lipoic Acid (ALA)	1	300mg
Thorne	Acetyl-L-Carnitine (ALC)	1	500mg
Nutrasal	Phosphatidyl Choline	1	900mg
Pure Encapulations	Taurine	1	1000mg
Seeking Health	P-5-P B6	2/wk	25mg
AFTER DINNER			
NOW	Psyllium Husk		1 tbs
BEDTIME			
Nature's Truth	Potassium Gluconate	1	595mg
Life Extension	Magnesium L-threonate	1	144mg