

# Expertlijst #3

<u>Naam</u>	<u>Hoeveelheid (mg)</u>	<u>pillen per dag</u>
A vitamin	6	1
Alpha Lipoic Acid	100	2
Aloe	Cup	1
Aspirin		
Atorvastatin	10	1
Vitamine B12	0.75	1
Berberine	400	1
Bromelaine	1000	1
Cinnamon powder	1/4 teaspoon	
Curcumin/Turmeric	1200	1
D + k	0.5	1
Doxycycline	1 month on one month off?	
EGCG/Green Tea	450 mg /+1 bag tea leaves	
Feverfew	380	0.5
Hydroxycitrate (from garcinia Cambogia)	1400	1
Iodine	12.5	1
IP6	500	2
Krill Oil	500	1
Loratidine		
Magnesium		
Mebendazole	2000	1
Melatonin	20	1
Metformin	500	2
Milk Thistle	1/2 teaspoon	
Niacinimide	1050	1
Pancreatic Enzymes	700	1
Potassium	320	1
Probiotics		
Quercetin	600	1
Nettles	600	1
Resveratrol	200	1
Shark Liver Oil	500	1
St. John's Wort	350	1
Wild Yam Root	425	1
Zinc	80	1