

Medication-Vitamin-Supplement	Dose/Amt	Purpose	Taking Currently
SHTP	100mg	Mood & Relaxation. Note: some reports are controversial regarding SHTP	NO
Acetyl-L-Carnitine	500mg	Cognitive Support- (ADHD) ALCAR has the ability to cross the blood-brain barrier and enter the brain, where it acts as a powerful antioxidant,[14] which helps in prevention of the brain cells' deterioration. Its supplementation has been shown to be neuroprotective in instances of cerebral ischemia in rats[15] and may be useful in treating peripheral nerve injury as well as spinal cord injury.[16][17] It may have some neuroprotective benefit in the treatment of Parkinson's disease, but further research is required.[18] ALCAR is also known to increase sperm motility,[19] which describes the ability of sperm to move vigorously. Since motility is among the most important factors that help in the determination of sperm's fertilization capability, acetyl-L-carnitine can help sperm cells move more actively, which consequently leads to the improved male fertility.	YES
Aloe Vera Juice	2oz	According to the Memorial Sloan Kettering Cancer Center, aloe, which includes the plant's extracted juice, has been studied for potential effects on psoriasis and other skin issues, along with internal issues like constipation and diabetes. The center also notes studies indicating potential anti-inflammatory and antioxidant effects. Other institutions such as the American College of Angiology report potential strides for heart conditions, while those studying dental and oral issues also cite potential benefits for treating and medicating oral diseases and conditions.	YES
AOX-NAC (N-Acetyl Cysteine)	750mg	Amino Acid, powerful antioxidant	YES
AOX-Taurine	500mg	high blood pressure, liver disease (hepatitis), high cholesterol(hypercholesterolemia), and cystic fibrosis, seizure disorders (epilepsy), autism, attention deficit-hyperactivity disorder (ADHD), eye problems (disorders of the retina), diabetes, and alcoholism. It is also used to improve mental performance and as an antioxidant.	YES
Ashwegandha	500mg	Natural Anti-Stress, Relaxation	YES
Bacopa	500mg	Focus, Attention, Learning, Memory	YES
Broccoli Sprouts Extract	500mg	Cancer fighter	YES
Calcium with D3(400iu)	600mg	Bone health	YES
Candida Pro		Fights Candida infection in the Gut. Must stop eating sugar, artificial sweeteners, fruits etc in order to kill off Candida	NO
Choline/Inositol	500mg/500mg	Choline: It is usually grouped within the B-complex vitamins. Involved in many functions including memory and muscle control. Inositol: Some preliminary results of studies on high-dose inositol supplements show promising results for people suffering from problems such as bulimia, panic disorder, obsessive-compulsive disorder (OCD), agoraphobia, and unipolar and bipolar depression. Found to reduce the symptoms of OCD significantly, with effectiveness equal to SSRIs and virtually without side effects. In a double-blind, controlled trial, myo-inositol (18 grams daily) was superior to fluvoxamine for decreasing the number of panic attacks and other side effects.	YES

Colloidal Silver	500ppm	Immune Support	YES
Copper	22mg	It was not until 2001 that copper deficiency was associated with neurological manifestations. Some neurological manifestations can be sensory ataxia (irregular coordination due to proprioceptive loss), spasticity, muscle weakness , and more rarely visual loss due to peripheral neuropathy (damage in the peripheral nerves), myelopathy (disease of the spinal cord), and rarely optic neuropathy.	YES
CoQ10	200mg	Heart and Cardio recovery	YES
Curcumin - Turmeric	875mg	antioxidant, anti-inflammatory, antiviral, antibacterial, antifungal, and anticancer activities	YES
DHEA	50mg	Sometimes called the “ youth hormone ,” DHEA is the most abundant hormone precursor in the human body and a source of the sex hormones. The latest scientific discoveries indicate that as little as 50 mg of DHEA per day may: 1- Inhibit multiple factors implicated in metabolic syndrome by favorably altering gene expression; 2- Boost bone strength and ward off osteoarthritis; 3- Enhance memory. Daily intake of 90 mg per day and higher has been shown to improve cognitive function and alleviate depression both in the elderly and among individuals suffering from debilitating mental illness.	YES
DLPA (DL-Phenylalanine)	500mg	DL-phenylalanine. D-phenylalanine is not an essential amino acid, and its role in people is not currently understood. L-phenylalanine is an essential amino acid and is the only form of phenylalanine found in proteins. Major dietary sources of L-phenylalanine include meat, fish, eggs, cheese, and milk. (Note: may not need to take this since diet includes already)	NO
ESTROGEN- Calcium D-Glucarate	500mg	Calcium D Glucarate can bind and eliminate excess estrogen. A way to ensure high protein diet doesn't produce excess ammonia.	YES
ESTROGEN-DIM plus	option2	Estrogen metabolism	NO
ESTROGEN-Estro-X	option3	Estrogen metabolism	NO
Fitness-Creatine		The potential benefits of creatine may depend on many factors, including age, fitness level, diet, and athletic activity. There is some good evidence that creatine might help modestly with sports that require sudden bursts of activity. Examples are sprinting or weightlifting. It may also increase muscle mass in some people. However, the evidence that creatine boosts stamina or performance in aerobic activity is mixed. It may not have the same benefits in older people. Since it causes water retention , creatine could slow down some athletes.	YES
Fitness-D Ribose	2 scoops daily	Ribose is used to improve athletic performance and the ability to exercise by boosting muscle energy. It has also been used to improve symptoms of chronic fatiguesyndrome (CFS), fibromyalgia, and coronary artery disease. Ribose has been used to prevent symptoms such as cramping, pain, and stiffness after exercise	YES

Fitness-Whey Isolate Protein	2 scoops Daily	Whey with BCAA's	YES
Folate	800mcg	Metafolin- Common symptoms of folate deficiency include diarrhea, macrocytic anemia with weakness or shortness of breath, nerve damage with weakness and limb numbness (peripheral neuropathy),[15] pregnancy complications, mental confusion, forgetfulness or other cognitive deficits, mental depression, sore or swollen tongue, peptic or mouth ulcers, headaches, heart palpitations, irritability, and behavioral disorders. Low levels of folate can also lead to homocysteine accumulation.	YES
GABA	500mg	Mood, Anxiety, attention deficit-hyperactivity disorder ADHD	YES
Ginseng	2000mg	American root drops. Energy, Vitality, Libido	YES
Glutathione	500mg	Powerful Antioxidant, recycles vitC and E. Alternate with NAC or ALA daily	YES
Glucosamine Sulfate	1500mg	Joint health, Cartilage	YES
H2O2 - Hydrogen Peroxide		Food grade, diluted hydrogen peroxide for internal oxygenation	NO
Hair-Copper Peptide spray conditioner		Copper peptide promotes collagen and elastin production, and also acts as an antioxidant.	YES
HGHup		Complex promotes natural GH production (B1, B2, B3, B6, Folic Acid, D-Calcium Panthothenate, Mucuna L-Dopa, Green Tea) Note: I already take these items individually, however I did notice this helped with workouts.	NO
IODINE - Lugol's 2%		http://www.lugols.com/ -Thyroid needs iodine, calms the body and releases nervous tension, improve	YES
IRON	25mg	Low dose	YES
Lecithin (Sunflower)	1200mg	w/phosphatidyl choline - Nervous System	YES
Leutine		Macular Degeneration	NO
L-Glutamine	500mg	In catabolic states of injury and illness, glutamine becomes conditionally essential (requiring intake from food or supplements).[9] Glutamine has been studied extensively over the past 10–15 years, and has been shown to be useful in treatment of injuries, trauma, burns, and treatment-related side effects of cancer, as well as in wound healing for postoperative patients. Glutamine is also marketed as a supplement used for muscle growth in weightlifting, bodybuilding, endurance , and other sports. Evidence indicates glutamine, when orally loaded, may increase plasma HGH levels by stimulating the anterior pituitary gland	YES
Licorice Root	900mg	Licorice is sometimes used along with the herbs Panax ginseng and Bupleurum falcatum to improve the function of the adrenal glands, especially in people who have taken steroid drugs long-term. Steroids tend to suppress the activity of the adrenal glands. The adrenal glands produce important hormones that regulate the body's response to stress.	YES

L-Leucine		The studies assessing leucine mostly look at muscle protein synthesis when additional leucine is added to the diet or to a test meal, and it appears that leucine is able to reliably increase muscle protein synthesis after test meals. Whether this results in more lean mass over a period of time is somewhat less reliable though, and leucine appears to be more effective at promoting gains in muscle in people with lower dietary protein intake and in the elderly (who tend to have impaired muscle protein synthesis in response to the diet)	YES
L-Lysine	1000mg	Promotes Immune Function, skin integrity and health	YES
L-Tyrosine	500mg	Anti-Stress- Tyrosine is a precursor to neurotransmitters and increases plasma neurotransmitter levels (particularly dopamine and norepinephrine)[11] but has little if any effect on mood. The effect on mood is more noticeable in humans subjected to stressful conditions . A number of studies have found tyrosine to be useful during conditions of stress, cold, fatigue, loss of a loved one such as in death or divorce, prolonged work and sleep deprivation, with reductions in stress hormone levels, reductions in stress-induced weight loss seen in animal trials, improvements in cognitive and physical performance seen in human trials ; however, because tyrosine hydroxylase is the rate-limiting enzyme, effects are less significant than those of L-DOPA.	NO
Magnesium Citrate	400mg	Essential for strong muscles and bones, cardiovascular health, and nervous system function	YES
Melatonin	10mg	Natural sleep aid	YES
Metamucil		Fiber	YES
Milk Thistle	150mg	Liver Support (Labs from 9/14 show a very healthy liver)	NO
Mushrooms - Comprehensive Immune Support		Paul Stamets- Immune Support	YES
Mushrooms - Lions Mane		Paul Stamets - Cognitive Support	YES
Nitric Oxide Complex (L-Arginine)		L-arginine is converted in the body into a chemical called nitric oxide. Nitric oxide causes blood vessels to open wider for improved blood flow. L-arginine also stimulates the release of growth hormone, insulin, and other substances in the body. L-arginine is used for heart and blood vessel conditions including congestive heart failure (CHF), chest pain, high blood pressure, and coronary artery disease. L-arginine is also used for recurrent pain in the legs due to blocked arteries (intermittent claudication), decreased mental capacity in the elderly (senile dementia), erectile dysfunction (ED), and male infertility.	YES
Omega3 (DHA-580mg/EPA-860mg)	3 to 6 grams	Mood, Depression, Inflammation, Focus, ADHD and muscle support. HIGHLY RECOMMENDED to buy quality brand like Metagenics or Nordic Naturals.	YES

Post Cycle Therapy		Wicked Supplements PCT stack - for OFF cycle support (when not taking T, DHT or Prohormones)	NO
Pregnenolone	50mg	Memory and Hormonal Balance	YES
Probiotics		Primal Defense - Gut Health	YES
Progesterone		Emirita brand, topical - One week on, 4 days off	NO
Resveratrol	250mg	Notes from studies: Increase of endurance, oxidative metabolism, and enhanced cardiac function . Preconditions your heart thus providing it with the best protection to avoid cardiac events. Slows down the production of cancerous cells and therefore could be considered an effective anticancer agent. Ability to regulate angiogenesis, thereby preventing the abnormal growth of blood vessels that are damaging to eyesight . Other eye-friendly foods to consider include omega-3 fatty fish, as well as foods rich in beta-carotene, vitamin C, and vitamin E. Blood testosterone concentration was improved by more than 50% following a 28-day period of resveratrol consumption. Neurological blood flow was increased following resveratrol consumption. Prior to that study, Illinois researchers discovered that mice receiving resveratrol supplementation had better memory function and overall increased mental performance . - See more at: http://www.mensfitness.com/nutrition/supplements/6-reasons-to-supplement-with-resveratrol?page=6#sthash.LT1KjkAx.dpuf	YES
Rhodiola Rosea	500mg	Natural Fatigue fighter, provides energy	YES
Tboost-Catauba	Mon	Rotation of all Tboosters during PCT cycle	NO
Tboost-DAA	Tues	Rotation of all Tboosters during PCT cycle	NO
Tboost-Horny Goat	Wed	Rotation of all Tboosters during PCT cycle	NO
Tboost-Maca root	Thurs	Rotation of all Tboosters during PCT cycle	NO
Tboost-Tongkat Ali	Fri	Rotation of all Tboosters during PCT cycle	NO
Tboost-Tribulus	Sat	Rotation of all Tboosters during PCT cycle	NO
Vit A	25000iu	from fish liver oil	YES
Vit B1	500mg	Thiamin	YES
Vit B12 (Methocobalamin)	5000mcg	Sublingual	YES
Vit B3 & Vit B2	500mg/100mg	Niacin and Riboflavin. Product is called ATP and requires Magnesium	YES
Vit B6	50mg	P-5-P	YES
Vit C	1000mg	3 to 4 grams daily	YES
Vit D3	10000iu	Bone, Colon, Muscle, Immune health	YES
Vit E	400iu (294mg)	Immune, Heart, Antioxidant	YES
Vit K	90mcg	Especially helpful in increasing bone density and reducing the risk of fractures . Those with osteoporosis or osteopenia should consider supplementing 50 to 100 mcg (micrograms) of K2, and eat foods rich in vitamin K.	YES
Zeaxanthine (carotinoids)		Macular Degeneration	NO

Zinc	30mg	Immune system, prostate maintenance, healthy vision	YES
Zyflamend	1 (rec is 2)	Whole Body healthy inflammation response, cardio and joint function. (Rosemary-150mg, Turmeric-110mg, Ginger-100mg, Holy Basil-100mg, Organic Green Tea-100mg, HuZhang-80mg, Chinese Goldthread-40mg, Barberry-40mg, Organic Oregano-40mg, Chinese Skullcap-20mg)	NO
Nootropics Section			
For brain health and performance. An unfair advantage for learning, studying and taking exams			
Nootropics- L-Theanine	100mg	L-theanine, amino acid from Tea Leaves, may help relieve stress by inducing a relaxing effect without drowsiness and may also possess immunologic attributes. Theanine may also have effects on the cardiovascular system and play a preventative role in cancer. MAJOR help with sleep. Take only at night.	YES
Nootropics- Sunifiram	10mg	Information: http://peaknootropics.com/	YES
Nootropics- Phenibut	500-1500mg	Information: http://peaknootropics.com/	YES
Nootropics- Piracetam	2g	Information: http://peaknootropics.com/	YES
Nootropics- Acetyl L-Carnitine (ALCAR)	500mg	Early research which seemed to suggest Acetylcarnitine had potential as a treatment for dementia were not strongly substantiated by later research, and the substance is not routinely used for this purpose. ALCAR may have some neuroprotective benefit in the treatment of Parkinson's disease, but further research is required. ALCAR is also known to increase sperm motility . It has been suggested ALCAR may have potential as a drug for treating peripheral neuropathic pain .	YES
Nootropics- Oxiracetam	800-1500mg	Information: http://peaknootropics.com/	YES
Nootropics- Sulbutiamine	300mg	Information: http://peaknootropics.com/	YES
Nootropics- S-Adenosylmethionine (SAMe)	400mg	Warning: People with bipolar disorder, anxiety disorders and other psychiatric conditions should only use SAMe under the supervision of their healthcare provider. SAMe has been associated with hypomania and mania. May want to avoid this one. There have been a number of preliminary studies on the use of SAMe for depression . It has been hypothesized that SAMe increases the availability of neurotransmitter serotonin and dopamine , however further research is needed..	YES
Nootropics- Alpha GPC	300mg	Alpha-glycerophosphocholine (Alpha-GPC or α -GPC) is a cholinergic compound that is used for its cognitive-promoting properties , and to enhance power output in athletes . It appears to also support cellular membranes, and may aid in preventing cognitive decline .	YES

Nootropics- R Alpha Lipoic Acid (R-ALA)	600mg	Alpha-lipoic acid is used for diabetes and nerve-related symptoms of diabetes including burning, pain, and numbness in the legs and arms . High doses of alpha-lipoic acid are approved in Germany for the treatment of these symptoms. Some people use alpha-lipoic acid for memory loss, chronic fatigue syndrome (CFS) , HIV/AIDS, cancer, liver disease, diseases of the heart and blood vessels (including a disorder called cardiac autonomic neuropathy) and Lyme disease. Alpha-lipoic acid is also used to treat eye-related disorders , such as damage to the retina, cataracts, glaucoma, and an eye disease called Wilson's disease.	YES
Prescriptions (RX) Section			
RX-Adderall	10 -20mg	ADHD symptoms (Also Recommended by Dr Goldstein for PFS)	YES
RX-Anastrozole	1mg weekly	Lowers ESTROGEN (Estradiol)	YES
RX-Prozac (low dose)	5mg daily	Studies show low dose can increase Allopregnenolone	YES
RX-Cabergaline		Reduces refractory period. Lowers prolactin. Used as a recreational drug for sex but has side effects	YES
RX-HCG (Pregnyl- Chorionic Gonadotropin)	.25ml twice weekly	(To prevent shrinkage of testicles, restore back to normal size.) Vital for fertility	YES
RX-Testosterone	.40ml weekly	Boost Testosterone Levels.	YES
Skin Health Section			
Skin-Pycnogenol	100mg	Pine Bark Extract for skin. Moisture under wrinkles to give smooth skin	YES
Skin-AlphaHydrox Enhanced Lotion	Face	10% Glycolic AHA	YES
Skin-AlphaHydrox Night Cream	Face		YES
Skin-AlphaHydrox Toner Astringent	Face		YES
Skin-Hyaluronic Serum	Face		YES
Skin-Lubriderm Advanced Therapy	Face		YES
Skin-Perfect Image Lactic Acid facial peel	Face	Removes sunspots. Repeat treatment monthly. Must stop AlphaHydrox products 2 days before using	YES
Skin-Sunscreen	Face		YES

When	Notes
Occasional	Finished Bottle, not reordering
Daily	
Occasional	
as needed	
Daily	
Nightly	
Daily	
Daily	
Daily	
Daily	Finished Cycle
Daily	

Occasional	
Occasional	
Daily	
Daily	
Daily	Goldstein recommends as well
	Stopped refilling since my diet is good
Weekly	
Optional	
Optional	
Daily, mixed into protein shake	
Daily, mixed into protein shake	

Daily, mixed into protein shake	
Daily	
Daily 1 to 2	
Occasional	
Alternate	
Daily	For my spine issues
stopped	Unsure of benefit
Daily	For hair/scalp
Nightly	Stopped refilling
Occasional	Helps with thyroid function
Daily	
Occasional	
Need to order more	
Occasional	

When working out	Included in Whey Protein
Daily	
Swapped out for L-DOPA instead.	
Daily	ATP is Magnesium dependent
Rarely	
Occasional	
Optional	Stopped since labs show healthy liver
Daily	
Daily	
When working out	
Daily	3 to 6 grams

Cycled	On hold till TRT plan to cycle is known
Daily	
Daily	
Cycled	Finished Cycling
Daily	
Daily	
Daily	
Need to order more	

Daily	
Need to order more	Great solution for controlling inflammation
Occasional	Before bedtime, helps reduce racing thoughts
Occasional	
Occasional	PFS side effects mimic BiPolar and produce Anxiety. Be careful when taking this one.
Occasional	

Occasional	
Daily	
1 weekly	
Daily	
Occasional	Before sex
Twice Weekly	
Weekly	
Daily	
Monthly	
Daily	