Supplement Cheat Sheet

Supplement	Correct Form to Buy	Therapeutic Dose (Typical)	Timing & Notes
Curcumin	95% Curcuminoids + Bioperine® (piperine)	2 g/day (split doses)	Take with fat-containing meal; avoid turmeric powder or low % extracts
Berberine	Berberine HCl or Berberine from Berberis aristata	500 mg × 2/day	With meals; helps blood sugar and cancer metabolism
Quercetin	≥95% Pure Quercetin Dihydrate	500 mg × 2/day	With meals; anti-inflammatory and anti-cancer flavonoid
Omega-3	Cod Liver Oil or Fish Oil (high EPA/DHA)	2 g/day	With meals; supports inflammation control
Modified Citrus Pectin (MCP)	Low Molecular Weight, Pharmaceutical Grade	5–10 g/day	Empty stomach; blocks metastasis and galectin-3
Milk Thistle	Silymarin ≥80%	500 mg/day	With meals; liver protection
Vitamin D3 + K2	D3: 20,000–50,000 IU + K2 MK-7: 100–200 mcg	Daily with meals	Test blood levels; essential for immunity
Magnesium	Magnesium Glycinate	400 mg/day	Before bed; relaxation & recovery
Zinc	Zinc Picolinate/Zinc Carnosine (for gut healing)	0.2–2 mg/kg body weight/day	With food; avoid taking with iron/ on empty stomach
Selenium	Selenomethionine	200 mcg × 2/day	With meals; antioxidant and anti-cancer
Apigenin	≥98% Pure Apigenin	300–500 mg/day	With food; anti-cancer flavonoid
Turkey Tail Mushroom	Standardized to ≥40% Beta-Glucans	2–4 g/day	With meals; immune support

Black Seed Oil	1-5% Thymoquinone, Cold-Pressed	2 g or 5 ml/day	With meals; anti-inflammatory & anti-cancer
Lactoferrin	≥95% Pure, Bovine-derived	1 g/day	Empty stomach; immune & iron modulation
Melatonin	Pharmaceutical-grade	100–300 mg/night	Before bed; anti-cancer, sleep support
CBD Oil	Full-Spectrum + THC	0.5–2 mg/kg/day	Split doses; anxiety, inflammation, pain
Wormwood (Artemisinin)	Wormwood (Artemisia annua) extract standardized to ≥98% Artemisinin	200–800 mg/day (cycled 5–7 days on, 7 days off)	Empty stomach; away from antioxidants (especially high-dose Vitamin C); cycling prevents resistance
Probiotics	Multi-strain (≥50B CFU), Lactobacillus + Bifidobacterium	1–2 caps/day	Empty stomach or before bed

Key Things to Consider When Buying Supplements

- **Choose reputable brands** with a proven track record in clinical-grade nutraceuticals.
- **Look for third-party lab testing** (Certificates of Analysis showing purity & potency).
- **Buy from official brand websites or licensed distributors** — avoid random Amazon/eBay sellers.
- **Check correct standardization** (e.g., 95% curcuminoids, ≥40% beta-glucans, 5% thymoquinone).
- **Avoid proprietary blends** with undisclosed amounts of actives.
- **Look for pharmaceutical-grade or GMP-certified facilities.**
- ❌ **Avoid suspiciously cheap offers** — often counterfeit or contaminated.