



NT Factor Energy

Metabolic Detox Powder

AA - Tyrosine 500 mg (increases energy

AA - HTP (^ sleep, ^ happiness) SE diarrhea, sleepy. 50, 100, 150, 200 mg

AA - GABA 750 mg

AA - Taurine 1000 mg (calming, vision)

AA - Theonine (calming , in green tea)

Milk Thistle - liver detox

Calcium - D glucarate liver detox

Glutathione - )GSH) liquid 'Trifortify' 1/4, 1/2 or 1 tsp daily or twice a day, or NAC 600 mg x1 or x2

N-Acetyl Cysteine

Sauna Supplements:Before: alpha ketoglutarate, niacin 100 mg 1/2 or later 1 if no flush

Buffered vitamn C 1000 - 2000 mg -

