

Michael Cheikin MD
Holistic Medicine & Physiatry
 832 Germantown Pike, Suite 3
 Plymouth Meeting, Pennsylvania 19462
 610-239-8626 drc@c4oh.org

Board Certified:
 Physical Medicine & Rehabilitation
 Pain Management
 Spinal Cord Medicine
 Electrodiagnostic Medicine

Supplement Schedule

Patient:

Date:

General guidelines:

- 1) For optimal safety and outcome, these recommendations need to be reviewed in a maximum of _____ weeks.
- 2) Supplements are to be taken with meals and divided over the day unless otherwise noted.
- 3) If new supplement(s) cause any untoward effects, stop, observe, ramp one at a time slowly, observe, keep notes.

GROUP	SUPPLEMENT/ PRODUCT	PURPOSE	BRAND, OUR #	SIZE/ FORMAT	SCHEDULE				Pills/ bottle	Bottles/ mnth	NOTE
					BR	LUN	DIN	SL			
Core	Multi-Vitamin: Ultragenesis with or without Iron	high potency multi supports physiological and anti- inflammatory	BG 203313 BG 203162	capsule/ multi					180		
	Essential Oils: omega-3's: EPA/DHA	"fish oils" are anti- inflammatory, affect many processes	MG 202156 RG 215254	500 mg 750 mg					120 200		available as liquid; can reduce with fresh ground flax
	Essential Oils: omega-6's: GLA (gamma linoleic)	from evening primrose is anti- inflammatory & balances omega-3's	DFH 204094	240 mg gel					60		
	Aspirin	anti-platelet									
	Bioflavonoids	plant bioflavonoids & anti- oxidants	DFH 204 (gre) DFH 204 (red)								
Individual Needs	B Vitamins	multiple functions including neurological and adrenals	MG 202037 BG 203242 DL 206120	tab cap SL					180 60 90		
	Vitamin C	helps detox, immune, collagen, energy	DL 206180	cap					250		
	Vitamin D	bone, immune, mood, other	DFH 204225 MG 202146	2000 IU cap					120 90		DFH has Vit K1; requires testing
	Magnesium Citrate	muscle, heart, energy, bowel, bone, other	MM 205096 or 205244	166 mg caps					120 250		
	Basic Amino Acids: BAM	supports hormones, immune & brain	MM 205103						90		
GI Support, Dys- biosis, Leaky Gut, Toxicity, Malab- sorption	Good Bacteria: Ultra- Floro DF	"Probiotic" bacteria for the gut	MG 202048						60		keep in refrigerator
	Good Yeast: Saccharomyces	"Probiotic" yeast push out bad yeast & bacteria	XY 208266	250 mg caps					60		
	Glutagenics	"Prebiotics" support the gut lining	MG 202035	tsp powder					60 tsp		
	Acid & Enzymes: Panzyme	helps digest & absorb nutrients, defend against bacteria/ yeast	BG 203241	complex caps					180		digestive aide-- vary w volume & complexity
	Plant Digest Enzyme	special plant enzymes	DFH 204275	vcaps					90		
	Other Digestive Aids										
Adrenal & Hormonal Support	Adrenal Support +		BG 203248	complex, caps					60		
	Bio-Adreno		BG 203250	complex, caps					90		
	Bio-Fem PMS		BG 203252	complex, caps					90		
	Bio-Fem HRT		BG 203251	complex, caps					60		
	Bio-Prostate		BG 203249	complex, caps					120		
Inflam- mation, Pain, Allergy, Choles- terol, Hyper- tension	Bio-Inflammatory Plus	natural anti-inflammatory	BG 203160	complex					120		
	Plant Sterols	plant compounds that reduce inflammation	BG 203163 MG 202148	complex, caps complex, tabs					60 90		
	Alpha Lipoic Acid		MM 205084 DFH 204277	100 mg 300 mg					90 60		
	CoEnzyme Q10		DFH 204271	60 mg, caps					60		needed w statins!
	Carnitine Synergy		DFH 204164	complex, vcap					60		
Weight, Blood Sugar, Energy	CLA		MM 205186	1000mg, caps					60		
	MetaGlycemx		MG 202168	complex, tabs					120		
	Ultra-Meal		MG 201	powder							
Sleep Support	Sedalin		XY 208229	complex, caps					60		
	Myocalm		MG 202171	complex, caps					180		
	Somnolin		MG 202172	complex, caps					30		
Detox, Chelation	Chelex		XY 208234	complex, caps					120		
	Bio-Cleanse		BG 203283	complex, caps					120		
	NAC		MM 205077	600 mg, caps					60		
Other											

SEE VISIT REVIEW FOR MORE INFORMATION