

Table of Times for Medications for taking WC, CSM, OCP, T4, and T3 twice daily

Typical Time	Need 2 hrs apart		2 Hours after		Lunch	2 hours after	30 min prior	Dinner	2 hours after	30 min prior	Bedtime
	Awake?	30 min prior	Breakfast	30 min prior							
	6:30	8:30	9:00	11:30	12:00	2:30	5:30	6:00	8:30	9:30	10:00
	T3 am Vitamin D3 No calcium Birth Control Allegra	Dexilant or PPI or Pepcid* when need acid blocker	WelChol	T3 midday	Calcium N-Acetyl Cysteine?	CSM		WelChol Pepcid* Probiotic if on one	WelChol		T4 at HS

*You could try pepcid BID instead of PPI
Zantac and Pepcid don't interfere with calcium absorption

N-Acetyl Cysteine is precursor of glutathione and much cheaper
I would try first before buying glutathione although we have the latter
Promotes health vitamin C and E, and better than taking them since that doesn't work.

BUT I would start slowly!!!! You might have to take half a tablet?
*Weeks or 4-7 days, but wouldn't change sooner than 4 days

Week 1*								1 WelChol			
Week 2			1 Welchol					1 WelChol			
Week 3			1 Welchol			1/2 tsp of CSM		1 Welchol			
Week 4			1 Welchol			1 tsp of CSM		1 Welchol			
Week 5			1 Welchol			1 tsp of CSM		1 Welchol	1 Welchol		
Week 6			1 Welchol			1 tsp of CSM		2 WelChol	1 Welchol		
Week 7			2 WelChol			1 tsp of CSM		2 WelChol	1 Welchol		
Week 8			2 WelChol			1 tsp of CSM		2 WelChol	2 WelChol		In theory....
Week 9			2 WelChol			1 1/4 tsp of CSM		2 WelChol	2 WelChol		this week you'll have labs again
Week 10			2 WelChol			1 1/2 tsp of CSM		2 WelChol	2 WelChol		
Week 11			2 WelChol			1 3/4 or 1 scoop of CSM		2 WelChol	2 WelChol		
Week 12			2 WelChol			1 3/4 or 1 scoop of CSM		2 WelChol	2 WelChol		this week you'll have f/u

I'd be thrilled though if you were taking 4 WelChol and 1 scoop of CSM honestly. It gets really hard to not be constipated past this amount and that's very important to avoid.