

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

	Need 2 hrs apart		2 Hours after		30 min prior		Dinner	2 hours after	30 min prior	Bedtime	
Typical Time	Awake?	30 min prior	Breakfast	30 min prior	Lunch	2 hours after	30 min prior	Dinner	2 hours after	30 min prior	Bedtime
	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 Oral Contraceptive or consider switching to Nuvaring?	Pepcid (not AC) CSM		T3 midday	Calcium N-Acetyl Cysteine?	CSM	CSM	Probiotic if on one Pepcid (Not AC)	CSM		T4 at HS Prometrium
				or if you like taking T3 later but not past 3pm then swap CSM and T3							
				CSM							T3 midday

*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*				1/2 tsp of CSM							
Week 2				1 tsp of CSM							
Week 3				1 tsp of CSM			1/2 tsp of CSM				
Week 4		1/2 tsp of CSM		1 tsp of CSM			1 tsp of CSM				
Week 5		1 tsp of CSM		1 tsp of CSM			1 tsp of CSM			1/2 tsp of CSM	
Week 6		1 tsp of CSM		1 tsp of CSM			1 tsp of CSM			1 tsp of CSM	
Week 7		1 tsp of CSM		1 1/4 tsp of CSM			1 tsp of CSM			1 tsp of CSM	
Week 8		1 tsp of CSM		1 1/2 tsp of CSM			1 tsp of CSM			1 tsp of CSM	
Week 9		1 tsp of CSM		1 3/4 or 1 scoop of CSM			1 tsp of CSM			1 tsp of CSM	
Week 10		1 tsp of CSM		1 scoop of CSM			1 1/4 tsp of CSM			1 tsp of CSM	
Week 11		1 tsp of CSM		1 scoop of CSM			1 1/2 tsp of CSM			1 tsp of CSM	
Week 12		1 tsp of CSM		1 scoop of CSM			1 3/4 or 1 scoop of CSM			1 tsp of CSM	
Week 13		1 1/4 tsp of CSM		1 scoop of CSM			1 scoop of CSM			1 tsp of CSM	
Week 14		1 1/2 tsp of CSM		1 scoop of CSM			1 scoop of CSM			1 tsp of CSM	
Week 15		1 3/4 or 1 scoop of CSM		1 scoop of CSM			1 scoop of CSM			1 tsp of CSM	
Week 16		1 scoop of CSM		1 scoop of CSM			1 scoop of CSM			1 1/4 tsp of CSM	
Week 17		1 scoop of CSM		1 scoop of CSM			1 scoop of CSM			1 1/2 tsp of CSM	
Week 18		1 scoop of CSM		1 scoop of CSM			1 scoop of CSM			1 3/4 or 1 scoop of CSM	
Week 19		1 scoop of CSM		1 scoop of CSM			1 scoop of CSM			1 scoop of CSM	