Typical Time

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<tr>
<th>Time</th>
<th>6:30</th>
<th>8:30</th>
<th>9:00</th>
<th>11:30</th>
<th>12:00</th>
<th>2:30</th>
<th>5:30</th>
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<td>2 Hours after</td>
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<td>T3 midday</td>
<td>Calcium</td>
<td>CSM</td>
<td>CSM</td>
<td>Probiotic if on one</td>
<td>CSM</td>
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N-Acetyl Cysteine? or if you like taking T3 later but not past 3pm
then swap CSM and T3

*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

Week 4
1/2 tsp of CSM

Week 5
1 tsp of CSM

Week 6
1 tsp of CSM

Week 7
1 tsp of CSM

Week 8
1 tsp of CSM

Week 9
1 tsp of CSM 1 3/4 or 1 scoop of CSM

Week 10
1 tsp of CSM 1 scoop of CSM

Week 11
1 tsp of CSM 1 1/2 tsp of CSM

Week 12
1 tsp of CSM 1 scoop of CSM 1 3/4 or 1 scoop of CSM

Week 13
1 1/4 tsp of CSM 1 scoop of CSM

Week 14
1 1/2 tsp of CSM 1 scoop of CSM

Week 15
1 3/4 or 1 scoop of CSM 1 scoop of CSM

Week 16
1 scoop of CSM 1 scoop of CSM

Week 17
1 scoop of CSM 1 scoop of CSM

Week 18
1 scoop of CSM 1 scoop of CSM

Week 19
1 scoop of CSM 1 scoop of CSM