Table of Times for Medications or How I would do it assuming a person was also taking T4 and T3 twice daily

<table>
<thead>
<tr>
<th>Typical 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>
<th>6:00</th>
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- **T3 am**
- **Pepcid (not AC)**
- **Vitamin D3**
- **N-Acetyl Cysteine**?
- **CSM**
- **T4 at HS**
- **Prometrium**

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

**N-Acetyl Cysteine** is a 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
- 1 tsp of CSM

Week 5
- 1 tsp of CSM
- 1 tsp of CSM

Week 6
- 1 tsp of CSM
- 1 tsp of CSM

Week 7
- 1 tsp of CSM
- 1 1/4 tsp of CSM

Week 8
- 1 tsp of CSM
- 1 1/2 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

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