

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

Typical Time	Need 2 hrs apart		2 Hours after		Lunch	2 hours after		Dinner	2 hours after		Bedtime
	Awake?	30 min prior	Breakfast	30 min prior		30 min prior	30 min prior		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	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
Week 6	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
Week 8	1 tsp of CSM	1 1/2 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
Week 10	1 tsp of CSM	1 scoop of CSM		1 1/4 tsp of CSM
Week 11	1 tsp of CSM	1 scoop 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		1 scoop of CSM
Week 14	1 1/2 tsp of CSM	1 scoop of CSM		1 scoop of CSM
Week 15	1 3/4 or 1 scoop of CSM	1 scoop of CSM		1 scoop of CSM
Week 16	1 scoop of CSM	1 scoop of CSM		1 scoop of CSM
Week 17	1 scoop of CSM	1 scoop of CSM		1 scoop of CSM
Week 18	1 scoop of CSM	1 scoop of CSM		1 scoop of CSM
Week 19	1 scoop of CSM	1 scoop of CSM		1 scoop of CSM