

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

	Need 2 hrs apart		2 Hours after								
	Awake?	30 min prior	Breakfast	30 min prior	Lunch	2 hours after	30 min prior	Dinner	2 hours after	30 min prior	Bedtime
Typical Time	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 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 Prometrium

*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.

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	T3 am	Dexilant or PPI	WelChol	T3 midday	Calcium	CSM		WelChol	WelChol		T4 at HS
	Vitamin D3	or			N-Acetyl Cysteine?			Pepcid*			
	No calcium	Pepcid*						Probiotic if on one			
	Birth Control	then need acid blocker									
	Allegra										

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	T3 am Vitamin D3 No calcium Oral Contraceptive Allegra	Pepcid*	WelChol		Calcium N-Acetyl Cysteine? WelChol	T3 midday		WelChol Pepcid* Probiotic if on one	WelChol		T4 at HS Prometrium

*You could try pepcid BID instead of PPI
Zantac and Pepcid don't interfere with calcium absorption, but make sure plain Pepcid not Pepcid AC

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	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

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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	
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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	