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

<table>
<thead>
<tr>
<th>Typical Time</th>
<th>Need 2 hrs apart</th>
<th>30 min prior</th>
<th>Breakfast</th>
<th>2 hours after</th>
<th>30 min prior</th>
<th>Lunch</th>
<th>2 hours after</th>
<th>30 min prior</th>
<th>Dinner</th>
<th>2 hours after</th>
<th>30 min prior</th>
<th>Bedtime</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30</td>
<td>8:30</td>
<td>9:00</td>
<td>11:30</td>
<td>12:00</td>
<td>2:30</td>
<td>5:30</td>
<td>6:00</td>
<td>8:30</td>
<td>9:30</td>
<td>10:00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>T3 am</td>
<td>Pepcid (not AC)</td>
<td>CSM</td>
<td>T3 midday</td>
<td>Calcium</td>
<td>CSM</td>
<td>CSM</td>
<td>Probiotic if on one</td>
<td>CSM</td>
<td>T4 at HS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin D3</td>
<td></td>
<td>No calcium</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

*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 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

#### Week 10
- 1 tsp of CSM

#### Week 11
- 1 tsp of CSM

#### Week 12
- 1 tsp of CSM

#### Week 13
- 1 tsp of CSM

#### Week 14
- 1 tsp of CSM

#### Week 15
- 1 tsp of CSM

#### Week 16
- 1 scoop of CSM

#### Week 17
- 1 scoop of CSM

#### Week 18
- 1 scoop of CSM

#### Week 19
- 1 scoop of CSM

*Week 1*