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>Awake?</th>
<th>30 min prior</th>
<th>Breakfast</th>
<th>2 Hours after</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>
</tr>
<tr>
<td>T3 am</td>
<td>Dexilant or PPI</td>
<td>WelChol</td>
<td>T3 midday</td>
<td>Calcium</td>
<td>CSM</td>
<td>WelChol</td>
<td>WelChol</td>
<td>T4 at HS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin D3</td>
<td>or</td>
<td>N-Acetyl Cysteine?</td>
<td>Pepcid*</td>
<td>Probiotic if on one</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No calcium</td>
<td>Pepcid*</td>
<td>when need acid blocker</td>
<td>Allegra</td>
<td></td>
<td></td>
<td></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*
Week 2
Week 3
Week 4
Week 5
Week 6
Week 7
Week 8
Week 9
Week 10
Week 11
Week 12

1 WelChol
1 WelChol
1 WelChol
1 WelChol
1 WelChol
1 WelChol
1 WelChol
1 WelChol
1 WelChol
1 WelChol
1 WelChol
1 WelChol

In theory.....

this week you'll have labs again
this week you'll have f/u

1/2 tsp of CSM
1 tsp of CSM
1 tsp of CSM
1 tsp of CSM
1 tsp of CSM
1 tsp of CSM
1 tsp of CSM
1 tsp of CSM
1 tsp of CSM
1 tsp of CSM
1 tsp of CSM
1 tsp of CSM

2 WelChol, 1 tsp of CSM
2 WelChol, 1/4 tsp of CSM
2 WelChol, 1/2 tsp of CSM
2 WelChol, 1/2 tsp of CSM
2 WelChol, 1/2 tsp of CSM
2 WelChol, 1/2 tsp of CSM
2 WelChol, 1/2 tsp of CSM
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2 WelChol, 1/2 tsp of CSM
2 WelChol, 1/2 tsp of CSM
2 WelChol, 1/2 tsp of CSM
2 WelChol, 1/2 tsp of CSM

1/4 tsp of CSM
1 tsp of CSM
1/2 tsp of CSM
1/2 tsp of CSM
1/2 tsp of CSM
1/2 tsp of CSM
1/2 tsp of CSM
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1/4 tsp of CSM
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