

Table of Times for Medications for taking WC, OCP, T4, and T3 twice daily

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

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 Welchol			
Week 4			1 Welchol					1 Welchol			
Week 5			1 Welchol					1 Welchol	1 Welchol		
Week 6			1 Welchol					2 WelChol	1 Welchol		
Week 7			2 WelChol					2 WelChol	1 Welchol		
Week 8			2 WelChol					2 WelChol	2 WelChol	In theory....	
Week 9			2 WelChol					2 WelChol	2 WelChol	this week you'll have labs again	
Week 10			2 WelChol					2 WelChol	2 WelChol		
Week 11			2 WelChol					2 WelChol	2 WelChol		
Week 12			2 WelChol					2 WelChol	2 WelChol	this week you'll have f/u	