

Table of Times for Medications for taking WC T4 T3

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 Allegra	Dexilant or PPI or Pepcid* when need acid blocker	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	

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

	Awake?	30 min prior	Breakfast	2 Hours after 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

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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

Table of Times for Medications for taking WC, CSM, 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 Birth Control 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

*You could try pepcid BID instead of PPI

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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.

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

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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	

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

	Need 2 hrs apart		2 Hours after		30 min prior		Dinner		30 min prior		Bedtime
Typical Time	Awake?	30 min prior	Breakfast	30 min prior	Lunch	2 hours after	30 min prior	Dinner	2 hours after	30 min prior	Bedtime
	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 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 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			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	
Week 10		1 tsp of CSM		1 scoop of CSM			1 1/4 tsp of CSM			1 tsp of CSM	
Week 11		1 tsp of CSM		1 scoop of CSM			1 1/2 tsp of CSM			1 tsp of CSM	
Week 12		1 tsp of CSM		1 scoop of CSM			1 3/4 or 1 scoop of CSM			1 tsp of CSM	
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	