

Vince Giuliano Supplements Stack 2012

<http://www.vincegiuliano.name/Antiagingfirewalls.htm#SUPPLEMENTSINCOMBIN>

Vitamin C - 2gm

Vitamin D-3 – 2000 IU

Probiotic - 10 major strains + fructooligosaccharides, a prebiotic

Curcumin extract – 1160 mg

B-50 complex - (50 mg for most)

Vitamin B-12 - 500mcg

Benfotiamine – 80mg

Vitamin B-6 – 100mg

Pantothenic acid – 500mg

Mixed carotenes

Folic acid – 900mcg included in B-50. Do not exceed

N-Acetyl Cysteine (NAC) 600mg

Chelated copper 2.5mg

Potassium gluconate 100mg

Calcium (as carbonate, aspartate, citrate) 1 Gm

Magnesium (as oxide, aspartate, gluconate) – 500mg

Zink (as oxide, aspartate, gluconate) – 30mg

Selenium – 200 mcg

R-alpha-lipoic acid 200 mg

Acetyl-L-carnitine 500mg

L-carnosine - 500mg

Co-enzyme Q-10 – 300mg

Bitter melon extract (mordica charantia) 500 mg

Bromelain – 250mg

Lycopene – 15mg

Quercetin – 500mg

Ginkgo Biloba extract (stand. to contain 24% flavone glycosides and 6% terpene lac

Saw palmetto (stand. to 85-95% fatty acids) – 200mg

Ashwagandah extract (stand. to 1.5% withanolides) - 470mg

Boswellia Seratta (stand. to 70% organic acids and 20% boswellic acid)extract - 300

Astragalus extract (stand. 0.5% astragalosides – .25gm

Horny Goat Weed Extract (Epimedium sagittatum)

(standardized to 20% icariin)(leaf) 1000mg

Olive leaf extract (stand.to 20% oleuropein) - 750mg

Green tea extract (stand. to 60% polyphenols) – 1.5gm

OPC grape seed extract (stand. 120 seeds/mg)

Omega-3 oils: DHA - 400mg; EPA - 800mg

Micronized resveratrol - 250mg
Avena Sativa 19:1 extract – 1,150mg
Allicin or garlic extract- 1gm
Milk Thistle Extract (*Silybum marianus*) (seeds)
[Standardized to 80% flavonoids as silymarin (120 mg)]
Bacopa (*Bacopa monnieri*) (whole herb)
[standardized for 45% bacosides 135 mg]] 300mg
Stinging Nettle Each capsule supplies 250 mg of stand. nettle extract (1% silicic acid)
L-theanine 100mg
Phosphatidylcholine – 385mg
Glucosamine sulfate 750mg -- Do not exceed
Piracetam - 800 mg
Meclofenoxate (centrophenoxine) - 500mg
DHEA 50mg
Pregnenalone - 60mg
PQQ - 10mg
Melatonin - 3mg

IDEDFIREWALLS

1gm morning, 1gm evening

Twice daily

Twice daily

Twice daily

Twice daily

Once daily

Twice daily

Twice daily

Twice daily

Once daily

Once daily

Once daily

Once daily

Once daily

Twice daily

Twice daily

Twice daily

Once daily

Twice daily

Twice daily

Before breakfast, before bed

Twice daily

Twice daily

Twice daily

Twice daily

Twice daily

Once daily

Twice daily

Twice daily

Twice daily

Twice daily

Once daily

Twice daily

Morning

Twice daily

Three morning; one evening

Twice daily
Twice daily
Twice daily

Twice daily

Twice daily
Twice daily
Twice daily
Once daily
Twice daily
Morning
Morning
Morning
Morning
Morning
Before bedtime