

X-ray Protection

X-rays are needed for treatment. They are not good for you, so you might consider protecting yourself from their harmful rays. It is best to start these up to 3 weeks prior to having your x-rays done.

Vitamin C (buffered): 500mg three times a day on an empty stomach

Quercetin: 500mg three times a day

Vitamin E succinate or natural form vitamin E: 400 IU twice a day

Niacinamide: 500mg daily

Folate: 800ug a day

Methylcobalamin: 1,000 ug a day

N-acetyl-L-cysteine: 750 mg a day

Alpha-Lipoic acid: 200mg twice a day

Selenium: 200ug a day