

B12 protocol

Week one – taking a base set of supplements before the B12

This is to build up support of any deficient in B vitamins, potassium and other nutrients. This information has been taken from B12 protocols from Dr Myhill and from the phoenixrising forums:

<http://forums.phoenixrising.me/index.php?threads/b-12-the-hidden-story.142/>

Take:

Vitamin/Mineral	Link	Comments	Cost	Background information
BioCare Adult Multivitamins And Minerals - 90 Vegicaps	http://www.amazon.co.uk/BioCare-Adult-Multivitamins-And-Minerals/dp/B0013G6CKW/ref=wl_it_dp_o_pC_nS_nC?ie=UTF8&colid=ACSETZ8DCY3X&coliid=IH E333M16D8QT	Provides a spectrum of the B vitamins and minerals	£18.20	http://drmyhill.co.uk/wiki/Nutritional_Supplements_-_what_everybody_should_be_taking_all_the_time_even_if_not_hing_is_wrong#Morning http://forums.phoenixrising.me/index.php?threads/b-12-the-hidden-story.142/#post-2568
Potassium supplement	http://www.amazon.co.uk/Solgar-Potassium-Tablets-100-tablets/dp/B000RZP88M/ref=sr_1_3?ie=UTF8&qid=1393892238&sr=8-3&keywords=potassium	This is to help with possible low potassium levels when taking the B12.	£6.80	http://forums.phoenixrising.me/index.php?threads/b-12-the-hidden-story.142/#post-2568 http://drmyhill.co.uk/wiki/Nutritional_Supplements_-_what_everybody_should_be_taking_all_the_time_even_if_not_hing_is_wrong#Morning
Omega 3 fish oils:	http://www.amazon.co.uk/High-Strength-Omega-1000mg-Capsules/dp/B0082VZMAM/ref=wl_it_dp_o_pC_nS_nC?ie=UTF8&colid=ACSETZ8DCY3X&coliid=1B8HVVY7JTWY9	To provide essential fatty acids	£11.99	http://forums.phoenixrising.me/index.php?threads/b-12-the-hidden-story.142/#post-2568 http://drmyhill.co.uk/wiki/Nutritional_Supplements_-_what_everybody_should_be_taking_all_the_time_even_if_not_hing_is_wrong#Morning
Biocare Vitamin C 1000	http://www.amazon.co.uk/Biocare-Vitamin-1000-60-Tablets/dp/B0013N6WYQ/ref=sr_1_1?s=drugstore&ie=UTF8&qid=1394492197&sr=1-1&keywords=biocare+Vitamin+C+1000+60	Provides Vitamin C	£19.18	http://forums.phoenixrising.me/index.php?threads/b-12-the-hidden-story.142/#post-2568 http://drmyhill.co.uk/wiki/Nutritional_Supplements_-_what_everybody_should_be_taking_all_the_time_even_if_not_hing_is_wrong#Morning

Vitamin/Mineral	Link	Comments	Cost	Background information
Now Foods, Gamma E Complex,	http://www.amazon.co.uk/Now-Foods-Complex-Advanced-Softgels/dp/B004GW6LP6/ref=sr_1_1?s=drugstore&ie=UTF8&qid=1394485547&sr=1-1&keywords=Gamma+E+complex	Provides vitamin E	£17.95	http://forums.phoenixrising.me/index.php?threads/b-12-the-hidden-story.142/#post-2568

Dosage and timings

Vitamin/Mineral	Morning	Dose	Amounts	Afternoon	Dose	Amounts	Evening	Dose	Amounts
BioCare Adult Multivitamins And Minerals	Morning	½ tablet	Vitamin C @ 120.45 mg Pantothenic Acid (Vitamin B5) @ 50 mg Niacin (Vitamin B3) @ 25 mg Vitamin E 75iu natural source @ 25 mg Thiamine (Vitamin B1) @ 12.5 mg Riboflavin (Vitamin B2) @ 12.5 mg Vitamin B6 @ 12.5 mg Magnesium @ 11 mg Inositol @ 6 mg P.A.B.A. (para amino benzoic acid) @ 5 mg	Afternoon before 2pm, since the B vitamins may cause sleeplessness	½ tablet	Vitamin C @ 120.45 mg Pantothenic Acid (Vitamin B5) @ 50 mg Niacin (Vitamin B3) @ 25 mg Vitamin E 75iu natural source @ 25 mg Thiamine (Vitamin B1) @ 12.5 mg Riboflavin (Vitamin B2) @ 12.5 mg Vitamin B6 @ 12.5 mg Magnesium @ 11 mg Inositol @ 6 mg P.A.B.A. (para amino benzoic acid) @ 5 mg			

Vitamin/ Mineral	Morning	Dose	Amounts	Afternoon	Dose	Amounts	Evening	Dose	Amounts
			<div>Potassium @ 4.45 mg</div> <div>Zinc @ 4.25 mg</div> <div>Calcium @ 3 mg</div> <div>Vitamin A @ 300 Mcg</div> <div>Folic Acid @ 200 Mcg</div> <div>Manganese @ 150 Mcg</div> <div>Molybdenum @ 49.35 Mcg</div> <div>Selenium @ 25 Mcg</div> <div>Chromium @ 25 Mcg</div> <div>Iodine @ 18.9 Mcg</div> <div>Biotin @ 17.5 Mcg</div> <div>Vitamin B12 @ 15 Mcg</div> <div>Vitamin D2 @ 3.125 Mcg</div>			<div>Potassium @ 4.45 mg</div> <div>Zinc @ 4.25 mg</div> <div>Calcium @ 3 mg</div> <div>Vitamin A @ 300 Mcg</div> <div>Folic Acid @ 200 Mcg</div> <div>Manganese @ 150 Mcg</div> <div>Molybdenum @ 49.35 Mcg</div> <div>Selenium @ 25 Mcg</div> <div>Chromium @ 25 Mcg</div> <div>Iodine @ 18.9 Mcg</div> <div>Biotin @ 17.5 Mcg</div> <div>Vitamin B12 @ 15 Mcg</div> <div>Vitamin D2 @ 3.125 Mcg</div>			
Potassium supplement	Morning	1 Tablet	99 mg				Evening with meal	1 Tablet	99 mg
Biocare Vitamin C 1000	Morning with food	2 capsules	2000 Mg				Evening with meal	2 capsules	2000 MG
Omega 3 fish oils:	Morning with food	1 capsule	180mg EPA & 120mg DHA				Evening with meal	1 capsule	180mg EPA & 120mg DHA

Vitamin/ Mineral	Morning	Dose	Amounts	Afternoon	Dose	Amounts	Evening	Dose	Amounts
Now Foods, Gamma E Complex				Afternoon with a meal	2 capsules	Vitamin E (as Natural d- alpha Tocopherol) 400 IU			
						Natural Mixed Tocopherols 400 mg			
						Tocomin® Mixed Palm Tocotrienol Complex 10 mg			