

	Supplement	Starting Dose Week 1	Week 2	Week 3	Week 4	Week 5	Maximim Dose	Notes	Cautions
<input type="checkbox"/>	Zinc	30-50 mg/day						Take zinc at least 1 hour after antibiotics. Take zinc 2 hours before or 4 hours after taking tetracyclines.	Taking zinc along with EDTA and cisplatin (Platinol-AQ, used in cancer treatment) might increase the effects of cisplatin.
<input type="checkbox"/>	Vit B6**	100 mg/day	Stay at 100 mg	Now 200 mg/day	Stay at 200 mg	Now 300 mg/day Stay here if you are recalling dreams. See below.**	400 mg/day	Take with meals. Can help with kidney stones. Can cause sensitivity to sunlight. Can decrease effectiveness of certain drugs. See WebMD	Reduce your dose if you notice tingling in your fingers or extremities, it is a reversible condition and will go away as you reduce your dose.
<input type="checkbox"/>	P5P**	25 mg/day	Stay at 25 mg	Now 50 mg/day	Stay at 50 mg	Now 75 mg/day	Stay at 75 mg if needed or reduce if you respond well at a lower dose	Take with meals. Stronger, more active form of B6. Can cause sensitivity to sunlight. Can decrease effectiveness of certain drugs. See WebMD	Reduce your dose if you notice tingling in your fingers or extremities, it is a reversible condition and will go away as you reduce your dose.
<input type="checkbox"/>	Super Primrose	1300 mg/day						Helps with Zinc absorption, often low with pyroluria,	Is an anti coagulant (slows blood clotting). Stop taking 2 weeks before surgery. Don't take with Phenothiazines. Do more research if you have epilepsy.
<input type="checkbox"/>	Manganese	20 mg/day						Can decrease the effectiveness of antibiotics.	Don't use more than 11 grams per day if you have liver disease. https://www.webmd.com/vitamins/ai/ingredientmono-182/manganese

****B6:** Interestingly, whether you can remember your dreams is a good indicator as to whether you are low in vitamin B6. So if you don't remember your dreams you probably need B6, even if you don't have pyroluria. Also, if you have nightmares or disturbing, stressful or bizarre dreams, these all indicate a need for B6. Increase dose until you stop having nightmares or until you start remembering your dreams.