

This page is from pages 67-69 of *Methyl Magic*.

Examples of four supplementation programs are given so that you will have a formula to use even if one component, such as Betaine/TMG, is not available in your local health food store. If you prefer to take fewer tablets per day, consider examples C and D.

The best, most complete supplementation program is example A; B is preferable to C; and C is preferable to D.

SAMPLE PROGRAMS, (A, B, C, and D)

Example A

Betaine/TMG powder, tablets, or capsules --- 750 to 1,000 mg
Choline and Inositol tablets ---1 daily tablet containing 250 mg of each nutrient

Folic Acid -----1 daily tablet containing 800 mcg, (or a 400-mcg softgel plus 400 mcg from your multivitamin)
Vitamin B12 -----1 daily sublingual tablet containing 500 mcg
Vitamin E -----1 daily gel cap or tablet containing 400 IU, (International Units), in a natural, mixed-tocopherol form, (or as an alternative, a formula containing 300-600 mg mixed tocopherols)

Daily multivitamin and multimineral tablet(s) or capsule(s) with a standard recommended dose that contains 20-50 mg Zinc, 20-50 mg Vitamin B6, and 50-200 mcg Selenium, (some as L-selenomethionine)

Fish Oil -----1-2 daily gel caps totaling up to 1,000 mg

Example B, (If you cannot find Betaine/TMG Anhydrous)

Choline and Inositol: 1 daily tablet containing 250 mg of each nutrient; work up to 1,000 mg of Choline --- (Gradually, over one month, increase the Choline to 1,000 mg. For example, take 250 mg Choline each day for the first week, 500 mg each day for the second week, 750 mg the third week, and 1,000 mg from then on. (This schedule prevents possible hyperactivity and/or anxiousness.) It's okay if the Inositol goes up at the same time or if you leave it at 250 mg. This is the same as Example A, except that it substitutes Choline for Betaine/TMG. Your metabolism will produce Betaine/TMG from some of this Choline.)

THE REST OF EXAMPLE B IS EXACTLY THE SAME AS EXAMPLE A.

If you don't like taking pills or powders in the quantities in Examples A and B, here are two examples of supplementary strategies to cut down the intake and still get most of the methyl-boosting nutrients you need:

Example C, (Minimalist Formula 1)

Betaine/TMG powder, tablets, or capsules --- 750 to 1,000 mg a day
Choline and Inositol --- 1 daily tablet containing 250 mg of each nutrient
Vitamin B12 ----- 1 daily sublingual tablet containing 500 mcg
Daily multivitamin and multimineral tablet(s) or capsule(s) that include in the dose recommended on the bottle the following:

Folic Acid ----- 400-800 mcg a day

Vitamin E ----- 200-800 IU a day, (preferably natural)

Zinc ----- 15-50 mg a day

Vitamin B6 ---- 20-50 mg a day

Selenium ----- 50-200 mcg, (some as L-selenomethionine) a day

In Example C, the polyunsaturated fatty acids of fish oil will have to come from your foods and your metabolism.

Example D, (Minimalist Formula 2)

Folic Acid ----- 1 daily tablet containing 400 mcg

Vitamin B12 ---1 daily sublingual tablet containing 500 mcg

Vitamin E ----- 1 daily gel cap or tablet containing 400-800 IU in a natural, mixed-tocopherol form

Daily multivitamin and multimineral, (same as Example A)

If you don't like taking tablets, there are liquid or powdered vitamin formulas that are acceptable substitutes. Choline, for example, is available in liquid formulas, while Betaine/TMG is available as a water-soluble powder. It's not physically possible to get all of the previously outlined recommended nutrition in a single tablet that anyone smaller than a horse could swallow, so it's best to take a combination of several tablets or use liquid formulas.

While there are many brands of vitamins, I like the quality and purity of products from Nature's Plus, Nature's Way, Twinlab, and the Life Extension Foundation. If these brands aren't available at your local health food dealer, you can find the companies by calling the toll-free directory service, (1-800-555-1212). If you have a computer and access to the Internet, you can find them by searching the World Wide Web. Also see Appendix III.

YOUR DOCTOR'S ROLE

These dietary recommendations are intended for normal healthy adults as a form of nutritional insurance. People with serious health problems can work with their doctors to design an overall nutrition and health program consistent with their particular treatment needs.