

SUPPLEMENT COMBINING

Hey there! And welcome to the supplement combining course!

THIS COURSE IS DIVIDED INTO THE FOLLOWING SECTIONS:

1. Supplements to avoid overuse
2. Supplements to combine with caution
3. Optimal timing of supplements, and
4. Use in special Populations (pregnancy, lactation, and children)

This document is not a substitute for medical advice, nor does it encompass every drug and supplement interaction. This document is simply a guideline. Please check labels of all supplements closely before use. Please consult your healthcare professional before starting any supplement or essential oil routine. Always follow label instructions for supplements and essential oils.

In general, when I say 'children' I am referring to children less than 12 years old. There are no hard and fast rules, but many nutritionists and herbal supplement experts agree that if a child is 12 years old or older and normal height, weight and development, then they can use adult dosing for supplements.

All of the timings listed below are suggested timings. Sometimes people disagree with these timings, and that is okay. For example, I take Thyromin in the morning based on my research and personal experience using the product. But, some people find that Thyromin makes them sleepy, and choose to take it at night. Some of the suggested timings are based on evidence, whereas others are simply based on ease of use.

There is no perfect way to use supplements, and I encourage you to use them based on your best judgement and package labeling.

Sending so much love!

A handwritten signature in black ink that reads "Lindsey Curren". The script is fluid and cursive, with the first name "Lindsey" and last name "Curren" clearly distinguishable.

SUPPLEMENTS TO AVOID OVERUSE

INGREDIENT	RECOMMENDED DAILY ALLOWANCE	WHY TO AVOID OVERUSE
Vitamin A Master Formula	700 micrograms daily (2,300 IU) for women	Fat soluble vitamins can accumulate leading to hypervitaminosis.
Vitamin E Master Formula OmegaGize3	1,000 milligrams daily (or 1,500 IU)	Fat soluble vitamins can accumulate leading to hypervitaminosis.
Vitamin D Master Formula, OmegaGize3 MindWise	600 IU for those 1-70 years of age	Fat soluble vitamins can accumulate leading to hypervitaminosis.
Vitamin K Master Formula Super Cal Plus Multigreens	120 mcg (m) 90 mcg (f)	Fat soluble vitamins can accumulate leading to hypervitaminosis.
Cascara Comfortone Rehemogen	None	The gut can become dependent on the support of peristalsis.
Iodine Thyromin Nitro	150 mcg for adults 220 mcg for pregnant women 290 mcg for lactating women	Increased risk for iodine toxicity.

DRUG & SUPPLEMENT INTERACTIONS

PRODUCT	PRODUCT	WHY
Life 9	Inner Defense Digest and Cleanse Sleep Essence Longevity ParaFree Prostate Health	Beneficial bacteria in Life 9 may be harmed from heavily concentrated essential oil supplements. Separate Life 9 from other supplements as far as possible.
OmegaGize3	Blood Pressure Medicines	Increase risk of low blood pressure; monitor blood pressure
Alkalime	Blood Pressure Medicines	Increases risk of high blood pressure. Monitor blood pressure and limit salt intake.
NingXia Red NingXia Nitro NingXia Zying NingXia Wolfberry AgilEase OmegaGize3 Cool Azul Prostate Health	Warfarin, and other blood thinning medicines Ginkgo Biloba Ibuprofen Aspirin	Combination may increase risk of bleeding; use consistently and monitor for signs of bleeding
Master Formula Super Cal Plus MegaCal AlkaLime Immupro PowerGize MightyVites FemiGen Any supplement or food containing calcium, magnesium, zinc, or iron	Bisphosphonates (medicines used for osteoporosis such as alendronate, ibandronate, zoledronic acid, Boniva, Fosamax, Reclast) Quinolone (antibiotics used to treat a range of urinary, respiratory and blood borne illnesses) Synthroid	Calcium and other divalent cations (calcium, magnesium, zinc) can bind these medicines, and then they cannot be absorbed. Separate divalent cations (including those in foods) from these medicines.

DRUG & SUPPLEMENT INTERACTIONS CONT.

PRODUCT	PRODUCT	WHY
Master Formula Super Cal Plus OmegaGize3 MindWise Multigreens Any supplement containing vitamin K	Warfarin	Warfarin and Vitamin K work opposite each other. If you are taking warfarin it is very important to be consistent with daily Vitamin K intake. Too much Vitamin K can increase risk of blood clotting. Monitor for signs of blood clots in extremities, lungs and brain.
Comfortone	Prednisone and other steroids	Comfortone contains echinacea; may decrease the effectiveness of prednisone and steroid medicines.
Sleep Essence Immupro	Sleep medicines	Using these at the same time may increase the risk of drowsiness.
St. John's Wort	Birth control medicines	Increases metabolism of birth control, and therefore reduces effectiveness.
PowerGize	PD 80/20	May be too much DHEA
ICP	Comfortone Essentialzyme	Combination may cause diarrhea
ICP	Slique Bars JuvaSpice JuvaPower	Too much fiber may initially lead to constipation. Be sure to take with water.

DRUG & SUPPLEMENT INTERACTIONS CONT.

PRODUCT	PRODUCT	WHY
PD 80/20	Prenolone + Cortistop Endogize	Combination of too many DHEA-containing supplements or personal care products may increase the risk of side effects.
BLM	AgilEase	May be redundant
MegaCal	Super Cal Plus	May be redundant
Master Formula	Super B Super C	May be redundant

DO NOT USE IF PREGNANT

PRODUCT	WHY
Estro	Blue cohosh increases the risk of hemorrhage during pregnancy and labor.
Comfortone Rehemogen	Supplements that contain cascara may increase peristalsis in the intestines. When the smooth muscle action of the intestines increases, it can increase the smooth muscle action of the uterus and thereby increase the risk of pre-term labor.

MAY CHOOSE TO AVOID IF PREGNANT OR NURSING

PRODUCT	WHY
Essentialzyme Comfortone Master Formula ICP Allerzyme Essentialzyme-4 Detoxzyme FemiGen Super Cal Plus CortiStop	Some women choose to avoid fennel, anise, and/or peppermint essential oils during pregnancy and nursing.
CortiStop PD 80/20 PowerGize Endogize	I recommended against hormone support supplements that contain DHEA, ashwaganda root extract or ashwaganda root during pregnancy.
Master Formula	There is not enough folate to suffice as a pre-natal vitamin.

DO NOT USE IN INFANTS LESS THAN 1 YEAR OLD

PRODUCT	WHY
Multigreens Mineral Essence Essentialzyme-4	Bee pollen and bee propolis may cause significant allergic reactions in children less than 1 year old.

USE CAUTION IN CHILDREN

PRODUCT	WHY
Comfortone	Cascara may be too assertive for use in children and cause diarrhea.
Sleep Essence ImmuPro	Supplements that contain melatonin may suppress natural melatonin production in children.
AgilEase	Some parents choose to avoid wintergreen essential oil in children.
MindWise	Not recommended for children less than 4 years old
PD 80/20 CortiStop FemiGen PowerGize EndoGize Estro	Hormone support supplements containing pregnenolone, DHEA, and ashwaganda root are not, in my opinion, recommended for children.
Master Formula	Adult doses of vitamins may lead to accumulation of fat soluble vitamins.



SUGGESTED TIMING OF SUPPLEMENTS

TIME	PRODUCT
Take in the Morning	NingXia Red, NingXia Zyng, NingXia Nitro, Slique CitraSlim (dose 1), Super B, Thyromin, Cortistop, Any supplement with twice daily dosing
Take in the Afternoon	Slique CitraSlim (dose 2) Any supplement with twice daily dosing
Take at Bedtime	Sleep Essence, Immupro, Life 9
Take Before Meal	Essentialzyme
Take with Food	Alkalime, Detoxzyme, Essentialzyme, Essentialzyme-4, Mightyzyme, Master Formula, MightyVites, OmegaGize3, Sulfurzyme
Take on an Empty Stomach	Thyromin, Life 9, Pure Protein Complete, Slique Shake
Take with a Full Glass of Water	Slique CitraSlim, Slique Bars, ICP, JuvaPower, JuvaSpice
Take Throughout the Day	Super Cal Plus, MegaCal, JuvaTone, Sulfurzyme
Around the time of a Workout	AminoWise, Pure Protein Complete, Zyng, Nitro

