

# TOP 100 SUPPLEMENTS DOSAGE

## CHEAT SHEET

(Functional Medicine)

For Doctors, Nutritionists, & Health Coaches

### Diabetes & Insulin Resistance

Sl.no	Supplement	Dosage	Purpose	Best Time to Take
01	Berberine	500 mg - 2-3 times a day	AMPK activator, insulin sensitizer	Before meals
02	Alpha Lipoic Acid	300-600 mg/day	Enhances GLUT4, antioxidant	Before meals
03	Chromium Picolinate	200-400 mcg/day	Insulin receptor cofactor	With meals
04	Cinnamon Extract	500-1000 mg/day	Postprandial glucose control	With meals
05	Magnesium (Glycinate)	200-400 mg/day	Improves insulin signaling	Evening or bedtime
06	Vitamin D3	2000-5000 IU/day	Modulates B-cell receptor expression	Morning (with fat)
07	Myo-/D-Chiro Inositol	2-4 g/day	PCOS & insulin resistance	Split dose: AM + PM
08	Vanadium (Chelated)	50-100 mcg/day	Mimics insulin action	With meals
09	Zinc (Glycinate)	15-30 mg/day	Required for insulin storage	Evening, away from iron
10	Fiber	5-10 g/day	Delays glucose absorption	30 mins before meals

## Gut Repair & Microbiome

Sl.no	Supplement	Dosage	Purpose	Best Time to Take
11	L-Glutamine	5-10 g/day	Mucosal repair, leaky gut	Empty stomach, morning
12	Multi-Strain Probiotic	20-50 B CFU/day	Microbiome balance	Empty stomach / bedtime
13	Saccharomyces boulardii	5-10 B CFU/day	Anti-pathogenic yeast	With meals
14	Zinc Carnosine	35-85 mg - 2 times a day	Tight junction repair	30 mins before meals
15	DGL (Deglycyrrhizinated Licorice)	380-760 mg/day	Soothes gut lining	Before meals (chewable best)
16	Butyrate (Na/Ca/Mg)	300-600 mg/day	Trophic for colonocytes, anti-inflammatory	With meals
17	Slippery Elm	1-3 g/day	Gut mucosa protection	Before meals
18	Marshmallow Root	2-5 g/day	Demulcent, soothes irritation	Before meals
19	Digestive Enzymes	As per label	Supports digestion	With each main meal
20	Betaine HCl	300-600 mg	Improves stomach acid	Mid-meal (not for gastritis)

## Thyroid Support

Sl.no	Supplement	Dosage	Purpose	Best Time to Take
21	Selenium (Selenomethionine)	200 mcg/day	Reduces anti-TPO, essential for T4 to T3 conversion	Morning with food
22	Iodine	150-300 mcg/day	Required for thyroid hormone synthesis	Morning with food
23	L-Tyrosine	500-1000 mg/day	Precursor to thyroid hormones	Empty stomach, morning
24	Ashwagandha	300-600 mg/day	Modulates TSH and reduces stress	Evening or bedtime
25	Zinc (Glycinate)	15-30 mg/day	Cofactor for thyroid hormone metabolism	With food, not with iron
26	Vitamin A (Retinyl Palmitate)	5000 IU/day	Needed for TSH receptor expression	With fat-containing meal
27	Myo-Inositol + Selenium	600 mg + 83 mcg	Reduces autoimmunity (Hashimoto's)	Morning
28	Active B-Complex (B2, B6, B9, B12)	As per label	Supports energy, methylation, T4-T3 conversion	Morning
29	Magnesium Glycinate	200-400 mg/day	Necessary for iodine utilization	Evening
30	Iron Bisglycinate (if deficient)	20-30 mg/day	Needed for thyroid peroxidase activity	Away from zinc, calcium

## Autoimmune Disease & Inflammation

Sl.no	Supplement	Dosage	Purpose	Best Time to Take
31	Vitamin D3 + K2	5000 IU + 100 mcg	Immunomodulatory, reduces autoimmunity risk	Morning with fat
32	Omega-3 (EPA/DHA)	1000-3000 mg/day	Anti-inflammatory, immune modulation	With meals (esp. lunch)
33	Curcumin (with black pepper)	500-1000 mg/day	Downregulates NF-kB, TNF-a	With meals
34	Quercetin	250-500 mg - 2 times a day	Stabilizes mast cells, immune modulation	Before meals
35	Resveratrol	150-300 mg/day	SIRT1 activation, T-reg upregulation	Morning
36	N-Acetylcysteine (NAC)	600-1200 mg/day	Glutathione precursor, antioxidant	Empty stomach or between meals
37	LDN (Low Dose Naltrexone)	1.5-4.5 mg/day	Immune modulation (Rx only)	Bedtime
38	Probiotics (specific strains)	As per label	Gut-immune axis support	Empty stomach / bedtime
39	Boswellia Serrata	300-500 mg/day	Inhibits 5-LOX pathway, joint/immune relief	With meals
40	Glutathione (Liposomal)	250-500 mg/day	Antioxidant, immune support	Morning, empty stomach

## Hormonal Balance (PCOS, Estrogen, Adrenal)

Sl.no	Supplement	Dosage	Purpose	Best Time to Take
41	Inositol (Myo + D-Chiro)	2000-4000 mg/day	Improves insulin sensitivity, ovulation (PCOS)	Morning & evening
42	DIM (Diindolylmethane)	100-200 mg/day	Supports estrogen metabolism	With meals
43	Vitex (Chasteberry)	200-400 mg/day	Balances luteal phase progesterone	Morning, empty stomach
44	Maca Root	1-3 g/day	Supports energy, mood & hormonal balance	Morning
45	Omega-3 (EPA/DHA)	1000-2000 mg/day	Regulates inflammation and hormone signaling	With meals
46	Rhodiola Rosea	200-400 mg/day	Adaptogen for adrenal health and stress	Morning
47	Licorice Root Extract	300-500 mg/day	Supports cortisol and adrenal function	Morning or mid-morning
48	Active B-Complex	As per label	Supports hormone synthesis and detox	Morning
49	Calcium-D-Gluconate	200-400 mg/day	Promotes estrogen detoxification	With meals
50	Magnesium Glycinate	200-400 mg/day	Supports PMS, insulin resistance, adrenal health	Evening

## Mitochondrial Support (Energy, Fatigue, ATP)

Sl.no	Supplement	Dosage	Purpose	Best Time to Take
51	CoQ10 (Ubiquinol)	100-200 mg/day	Enhances mitochondrial ATP production	With fat-containing meal
52	Acetyl-L-Carnitine	500-1500 mg/day	Fatty acid transport into mitochondria	Empty stomach, morning
53	PQQ (Pyrroloquinoline Quinone)	10-20 mg/day	Stimulates mitochondrial biogenesis	Morning
54	Alpha-Lipoic Acid (ALA)	300-600 mg/day	Antioxidant, supports mitochondrial function	Empty stomach
55	NAD+ Precursors (NMN/Niagen)	250-500 mg/day	Supports mitochondrial repair and aging reversal	Morning
56	D-Ribose	5-10 g/day	Increases cellular energy in cardiac fatigue	With meals
57	Magnesium Malate	200-400 mg/day	Supports mitochondrial enzymes	With meals
58	Creatine Monohydrate	3-5 g/day	Cellular energy and brain support	Anytime with carbs
59	Resveratrol	150-300 mg/day	Supports mitochondria via SIRT1	Morning
60	L-Citrulline	2000-4000 mg/day	Nitric oxide booster, improves energy & circulation	Empty stomach, pre-workout

## Detoxification (Liver, Heavy Metals, Phase I & II)

Sl.no	Supplement	Dosage	Purpose	Best Time to Take
61	Milk Thistle (Silymarin)	200-4000 mg/day	Liver cell regeneration, antioxidant	With meals
62	Glutathione (Liposomal)	250-500 mg/day	Master antioxidant, Phase II detox	Morning, empty stomach
63	NAC (N-Acetylcysteine)	600-1200 mg/day	Precursor to glutathione	Empty stomach
64	Calcium-D-Glucarate	200-400 mg/day	Assists liver in estrogen detoxification	With meals
65	Sulforaphane (from broccoli extract)	10-50 mg/day	Induces Phase II enzymes	Empty stomach
66	Chlorella	2-3 g/day	Binds heavy metals	With meals
67	Zeolite	As per label	Binds environmental toxins	Empty stomach, away from meds
68	Alpha-Lipoic Acid (ALA)	300-600 mg/day	Recycles antioxidants and chelates metals	Empty stomach
69	Dandelion Root Extract	500-1000 mg/day	Liver/gallbladder support	With meals
70	Taurine	500-1000 mg/day	Bile acid formation & Phase II detox support	Empty stomach

## Cognitive Function & Brain Health

Sl.no	Supplement	Dosage	Purpose	Best Time to Take
71	Lion's Mane Mushroom	500-1000 mg/day	Neurogenesis, memory, BDNF	Morning or mid day
72	Bacopa Monnieri	300-600 mg/day	Memory, focus, antioxidant	Evening or bedtime
73	Phosphatidylserine	100-300 mg/day	Cortisol regulation, cognitive support	Evening preferred
74	CDP-Choline (Citicoline)	250-500 mg/day	Acetylcholine synthesis, memory	Morning
75	Ginkgo Biloba	120-240 mg/day	Circulation, cognitive sharpness	Morning or mid day
76	DHA (Algae or Fish)	300-1000 mg/day	Brain structure, anti-inflammatory	With meals
77	L-Theanine	100-200 mg/day	Focus + calm, alpha brain waves	AM or PM, with caffeine
78	Rhodiola Rosea	200-400 mg/day	Mental fatigue, stress resilience	Morning, empty stomach
79	Uridine Monophosphate	150-300 mg/day	Synapse formation, mood	AM, with choline source
80	Acetyl-L-Carnitine (ALCAR)	500-1000 mg/day	Mental clarity, mitochondrial energy	Morning, empty stomach



## Longevity & Anti-Aging

Sl.no	Supplement	Dosage	Purpose	Best Time to Take
81	NMN (Nicotinamide Mononucleotide)	250-500 mg/day	Boosts NAD+ for mitochondrial health, supports cellular repair	Morning, empty stomach
82	Resveratrol	100-250 mg/day	Activates sirtuins, supports anti-aging gene expression	Morning with fat
83	Pterostilbene	50-150 mg/day	More bioavailable resveratrol analog, anti-inflammatory	Morning
84	CoQ10 (Ubiquinol)	100-200 mg/day	Mitochondrial support, protects heart and brain aging	With meal, AM or PM
85	Astaxanthin	4-12 mg/day	Potent antioxidant, protects skin and eyes from oxidative stress	With meals (fat-soluble)
86	Curcumin	500-1000 mg/day	Anti-inflammatory, anti-senescent activity	With meals
87	Alpha-Lipoic Acid (ALA)	300-600 mg/day	Antioxidant, supports mitochondrial regeneration	On empty stomach
88	Tocotrienols (Vitamin E Complex)	100-200 mg/day	Protects cell membranes, reduces oxidative damage	With food
89	Quercetin	250-500 mg/day	Senolytic, reduces inflammation, enhances autophagy	With meals
90	Spermidine	1-2 mg/day	Induces autophagy, longevity enhancer	With food

## Stress, Anxiety & Sleep Support

Sl.no	Supplement	Dosage	Purpose	Best Time to Take
91	Ashwagandha (KSM-66)	300-600 mg/day	Adaptogen, reduces cortisol, improves stress resilience	AM or PM with food
92	L-Theanine	100-200 mg (1-2x/day)	Promotes calm focus, reduces anxiety without sedation	On empty stomach or PM
93	Magnesium (Glycinate)	200-400 mg/day	Relaxes nervous system, supports deep sleep	Evening or bedtime
94	Phosphatidylserine	100-300 mg/day	Lowers elevated night time cortisol, supports cognitive stress response	PM or post-dinner
95	Rhodiola Rosea	200-400 mg/day	Adaptogen for mental fatigue, improves resilience	Morning or early afternoon
96	5-HTP	50-100 mg at night	Precursor to serotonin/melatonin, supports mood & sleep	30-60 min before bed
97	GABA	100-250 mg as needed	Immediate calming, supports parasympathetic tone	Before stressor or bedtime
98	Valerian Root	300-600 mg/day	Sedative, reduces latency & anxiety	30-60 min before bed
99	Passionflower Extract	250-500 mg/day	Calms mind chatter, mild sedative effect	Evening or bedtime
100	Melatonin (Low Dose)	0.3-3 mg/day	Regulates circadian rhythm, improves sleep initiation	30-60 min before bed

## Most People Don't Realize This...

You can't out-prescribe chronic illness.

I see it all the time—Years of medications, and yet the fatigue, inflammation, and symptoms still linger.

Because the real problem isn't just high blood sugar or cholesterol.

It's what's *underneath* it:

- Nutrient depletion
- Toxic load
- Insulin resistance
- Mitochondrial dysfunction

That's why I don't guess. I test.

And I use supplements **strategically**—not to chase symptoms, but to restore what the body truly needs.

Stop settling for a lifetime of prescriptions.

**Start addressing the root causes.**

You deserve to feel better—without relying on pills forever.