

# SAN DIEGO CHIROPRACTIC & HEALING CENTER

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## Nutritional Supplements

You may have noticed that I do not sell nutritional supplements here in the office. The reason for this is that I have found only rare formulas available to doctors which beat the quality and prices you could find at Sprouts, Whole Foods, Trader Joe's, or especially on the Internet. I believe in spending the least amount of money for the best results. So, although there may be occasionally some slightly better formulas out there, the ones I've listed below are absolutely excellent considering their quality, formulation, simplicity, and lower price.

### General Multivitamin & Mineral Formulas

(Take with main meals-if you have a high animal protein diet, choose *iron-free* supplements)

[ ] “**Alive Whole Food Energizer Multivitamin Max Potency**”, “**Source of Life Multivitamin & Mineral Supplement**” by Natures Plus, or “**Emerald Labs High Potency Multi Vit-a-Min**” are good and available at Sprout's or on-line at very reasonable prices. Dosage: **See Labels**

[ ] Sprouts Brand – “**Softgel Multi**” – is another inexpensive yet comprehensive formula, especially higher in B-Complex vitamins. Dosage: **2 Capsules/day**

[ ] “**Opti-Energy Pack**” by Super Nutrition, “**Mega Pak Multiple**” by Nature's Life, or “**Super Nutri Mega Potency Multi-Vitamin and Mineral Packs**” by Healthy N Fit Nutritionals are excellent high potency multivitamin packs at a good price, for those who wish the simplicity of having most everything you need in one daily packet. Available on-line. Dosage: **1 Packet/day**

[ ] **Hypoallergenic** Multivitamins and minerals – two good formulas are “**Basic Nutrients IV with Copper and Iron**” (by Thorne Research) Dosage: **6/day**; or “**Advanced Adult Multivitamin/Mineral Hypoallergenic**” (by Kirkman) Dosage: **5/day**. “**Bone Builder**” (by Ethical Nutrients) **6/day** is a good hypoallergenic calcium/magnesium formula to accompany your multivitamins. These are available on-line or at The Vitamin Shoppe.

### Bone and Joint Formulas

(take with meals)

[ ] Jarrow Formula's “**Bone-Up**” – for women, has the only form of calcium which actually **builds bones** after age 35 and even after menopause. Most other forms of calcium merely slow down age related bone loss, without building them. Dosage: **6 (yes 6) Capsules/day**

[ ] Sprouts “**Calcium-Magnesium Complex**” or “**Calcium-Magnesium Citrate**” – are good inexpensive formulas for men, and these minerals are attached to amino acids for easier absorption. Dosage: **3 Tablets/day**

[ ] Strontium Citrate - Excellent for helping build bones, especially for people with existing osteoporosis. Available from many suppliers. Dosage: **700 mg/ day**

[ ] “Glucosamine Sulfate 750 mg + Chondroitin Sulfate 600mg + MSM 500mg (or more)” – Glucosamine was shown as effective as naproxen, one of the strongest available pain medications for degenerative arthritis, but without the gastrointestinal and long-term cartilage break-down side effects. The following are some companies that produce products which have been certified for potency by [www.ConsumerLab.com](http://www.ConsumerLab.com): “Puritan's Pride”, “Vitamin World”, “Kirkland”, and “Now” brand. Dosage: **2 Capsules/day or whatever combination gives you a total of at least 1500 mg/day of glucosamine, 1200 mg/day chondroitin, and if possible 1000-3000 mg/day MSM.**

### **Additional Helpful Supplements**

(take with meals)

[ ] Antioxidant Formula - “**Country Life Super 10 Antioxidant**” Dosage: **3-4 tablets per day**, this is currently the best combined antioxidant formulation on the market for the price!

[ ] **Vitamin C-Timed release** – because your body can only hold 250 mg at a time and the rest is otherwise wasted, best in a formula with bioflavonoids. Dosage: 1000 mg \_\_\_\_\_ times/day.

[ ] **Acetyl-L-Carnitine** – Available in many brands, the cheapest source is via the internet. Puritan’s Pride sells this for a great price. Dosage: **500 mg twice per day.**

[ ] **Alpha Lipoic Acid** -- Also best to be purchased via the internet, but some stores have this priced well too. Dosage: **200 mg twice per day.**

[ ] **N-Acetyl Cysteine** – Precursor to Glutathione, one of the body’s most important antioxidants, compare prices on the internet or locally. Best in tablet vs. capsule, for less sulfur smell. Dosage: **600 mg twice per day.**

[ ] ‘**Non-Denatured**’ or ‘**Un-Denatured**’ **Whey Protein** – This is an important precursor to Glutathione. It is available from multiple companies, but “**Now Sports Certified Organic Protein**” is a brand with one of the lower costs; “**Jarrow Organic Whey Protein**” and “**Mercola Pure Power Protein**” are also excellent. Dosage: 25-35 grams protein/day, which may equal **2 or more scoops/day**, depending on the brand. **Note: Do not put in blender, use only gentle stirring to mix in order to avoid denaturing the protein.**

[ ] **Vitamin D3.** Although vitamin D is in a lot of multiple formulas, additional amounts are of great help. New research has found that Vitamin D can help protect against 22 forms of cancer, diabetes, hypertension, M.S., rheumatoid arthritis, and of course osteoporosis. Be sure to shop for Vitamin D<sub>3</sub>, Cholecalciferol, instead of D<sub>2</sub>. Check on all your supplement labels to achieve a **Total Daily Dosage: 5000** units per day.

[ ] **Coenzyme Q10.** This is a vital component of the energy producing cycle within all of the cells of the body. It is necessary that cardiac muscle and all muscles have plenty of CoQ10 available due to their rapid metabolism. Persons taking Statin Drugs are especially at risk of CoQ10 depletion, resulting in deterioration of the heart and skeletal muscles. There is a lot of variation among brands, for price and quality I suggest **Sprout’s brand** or “**Puritan Pride’s Q-sorb CO-Q-10**”. Dosage: \_\_\_\_\_ mg per day.

## Essential Fatty Acids (EFA's) and Fish Oils

(take with main meals)

Essential Fatty Acids are one of the most important components of a proper dietary approach to diminish pain and inflammation within the body, promote excellent cardiovascular health, normalize hormone function, improve arthritis and all connective tissue repair (cartilage, ligament, and muscle), diminish allergies, improve the immune system and lower cancer incidence, as well as promote normal brain function, etc....

To achieve the desired results with these conditions, research has shown that the minimum level of omega 3 fatty acids should be at least **2700 mg of EPA and 1300 mg of DHA**. Most fish oil supplements contain only a fraction of these key ingredients, so you have to read the label carefully, and look for 'extra-strength' or 'concentrated' formulas. I strongly recommend getting capsules and not getting a liquid since even refrigerated, liquids become rancid very quickly with exposure to oxygen and light. Always take an antioxidant formula supplement when adding high quantities of fish oil to your diet to protect the oil from oxidation in your body, and include Gamma Linolenic Acid (GLA) to aid in the balanced metabolism of the fish oil.

**\*Warning\* - Do not take fish oils if you are concurrently taking blood thinners or any type of non-steroidal anti-inflammatory pain medications such as aspirin, ibuprofen, aleve, naproxen, Celebrex, willow bark, etc., as the combined blood thinning could lead to internal bleeding and or stroke.**

[ ] Puritan's Pride "**Triple Strength Omega-3 Fish Oil 1360 mg**" available on-line at [www.puritan.com](http://www.puritan.com) is the best priced; "**Nature's Bounty Maximum Strength Odorless Fish Oil**" from Costco, or GNC "**Triple Strength Fish Oil**" are also well priced and high quality. With any of these brands you need fewer capsules per day to get the recommended levels of EPA & DHA. Dosage: **4-5 gel caps per day -- depending on the brand, and the number of capsules needed to achieve 2700 mg EPA and 1300 mg DHA.**

[ ] **Gamma Linolenic Acid (GLA)** – Should be taken with Fish Oil supplements to create a proper balance of essential fatty acids. Available inexpensively in many brands as "**Evening Primrose Oil**" in 500 mg capsules (each containing 100 mg GLA). Dosage: **5 per day**

[ ] **Vitamin E – (D-Alpha Tocopherol Acetate)** – available in most health food stores – liquid "micellized" form is most absorbable. Dosage: \_\_\_\_\_ i.u./day

## Liquid Nutritional Formulas

(taken with meals)

### Liquid Multivitamin Formula:

[ ] "Source of Life" made by Nature's Plus - Dosage: **2 Tablespoons per day**

### Liquid Calcium-Magnesium Formula:

[ ] "Cal-Mag-Zinc Liquid" made by MRM, or "Liquid Cal-Mag" made by KAL - Dosage: **2 Tablespoons per day**

### Liquid Glucosamine-Chondroitin-MSM Complex:

[ ] "Liquid Joint Maintenance" by Vitamin World [www.vitaminworld.com](http://www.vitaminworld.com) – Dosage: **3-4 Tablespoons per day**

## Children's Vitamin and Mineral Formulas

(taken with meals)

- [ ] Twinlab – “Animal Friends Children's Chewable Vitamins - Bunch-O-Berry 50 Chewable” or Source Naturals --“Mega-Kid Chewable Multi” Dosage: **children ages 1-4 take 1 per day; ages 4-9, 1-2 per day; after age 10 children may take an adult multivitamin**
- [ ] Pioneer “Chewable Calcium-Magnesium” is the best formula I've seen, available at ‘The Vitamin Shoppe’; Dosage: **Ages 1-4, 2 per day; Ages 5-9, 4 per day; after age 10 they can take adult formulas**

## Cholesterol Lowering Supplements

(taken with meals)

- [ ] Good formulas containing Phytosterol and Stanol esters, which are best in **gel cap** form:
  - (1) Puritan's Pride **Phytosterol Complex**, (2) Twin Lab's **Cholesterol Success**, (3) Natrol **Cholesterol Balance**, (4) Vitamin Shoppe **Advanced Cholesterol Formula** ... see their labels for individual recommended daily dosages

## Fibromyalgia and Muscle Recovery Supplements

[ ] **Corvalen-M** with D-ribose, Magnesium, and Malic acid. Available locally at Pharmaca. On-line, the exact same formula may be purchased at a 33 % savings from [www.swansonvitamins.com](http://www.swansonvitamins.com) by the name of “**Swanson Ultra D-Ribose with Malic Acid Complex**”. Each of these brands requires the same Dosage: 3 scoops per day for first 1-2 months, then 2 scoops per day thereafter.

[ ] **Malic Acid** – Alone (not with magnesium -- which is a mineral which should be already present in your other supplements). Many brands are available at local health food stores. Choose between them on the basis of cost and ease of meeting your daily recommended dosage. Dosage: \_\_\_\_\_ (1200-2400 mg/day).

[ ] **Creatine** – Available at most health food stores, any brand. Dosage: **500 mg 2x per day**

## Enzymes for Inflammation

(do not take with meals!)

[ ] **Proteolytic Enzymes** -- These enzyme formulas are helpful for alleviating the undesirable byproducts of musculoskeletal trauma and other inflammatory disease processes in the body. They promote healing by speeding the removal of inflammatory debris and aiding our immune system in the healing process. “**Wobenzyme N**”, “**FlavenZyme**”, and “**Pure Encapsulations Systemic Enzyme Complex**”, are various brands, available from multiple stores and on-line. **It is important to take Proteolytic Enzymes 1 hour before or 3 hours after meals, so as to avoid using them up working on the food in your digestive tract instead of entering into the blood full potency.** Dosage: **2 tablets 3 times per day.**

Many of the supplements above are available locally. I also recommend you shop on-line at discount websites on Google Shopping or at a site like [www.Vitacost.com](http://www.Vitacost.com).