

Micronutrients Discussed by Dr. Rucklidge

Brand	Daily Dose	Vitamins	Minerals	Other
Daily Essential Nutrients (www.hardynutritionals.com)	4 caps TID (\$4.32/day) Start with 1 TID and increase by 1 every 2 days; raise slower if there are any tolerability problems A lower dose (4 caps/day) is recommended for general health	A, B1, B2, B3, B6, B7, B12, B5, B9, C, D, E, K	Calcium, iron, phosphorus, iodine, magnesium, zinc, selenium, copper, nickel, boron, manganese, chromium, molybdenum, potassium, vanadium, trace lithium	Choline, inositol, grapeseed extract, methionine, ginkgo, alpha-lipoic acid, acetyl-L-carnitine, N-acetylcysteine
EMPowerplus Advanced (www.truehope.com)	4 caps BID (\$4.68/day) or 8 tabs BID (\$5.60/day) Start with 1 cap BID (or 2 tabs BID) and increase by 1 cap (or 2 tabs) every 2 days; raise slower if there are any tolerability problems A lower dose (2 caps/day or 4 tabs/day) is recommended for general health	Same as above (without vitamin K)	Same as above (without lithium)	Choline, inositol, grapeseed extract, methionine, ginkgo, alpha-lipoic acid, acetyl-L-carnitine, N-acetylcysteine, phenylalanine, citrus bioflavonoids, L-glutamine, germanium sesquioxide
EnLyte (www.enlyterx.com)	1 8.73 mg soft gel QD (\$1.75/day at www.enlyterx.com, or may be covered by insurance)	B1, B2, B3, B6, B9 (as methylfolate, folate, and folic acid), B12	Iron, magnesium, zinc	<i>Cofactors:</i> flavin adenine dinucleotide, nicotinamide adenine dinucleotide, trimethylglycine <i>Phospholipids:</i> omega-3, phosphatidylserine

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www.thecarlatreport.com