

Supplement	Recommended Dosage
Vitamin B12 (Methylcobalamin)	250-1,000 mcg/day
Folate (L-5-MTHF)	400-800 mcg/day
Vitamin B6 (P5P)	10-50 mg/day
Vitamin D3	1,000-2,000 IU/day (up to 5,000 IU if deficient)
Magnesium (L-Threonate or Glycinate)	200-400 mg/day
Zinc (Picolinate or Citrate)	10-30 mg/day
Omega-3 Fatty Acids (EPA/DHA)	1,000-2,000 mg/day
Sage Leaf Extract	150-300 mg/day
Coffee Fruit Extract (Neurofactor®)	100 mg/day
Skullcap Extract	250-500 mg/day
Coenzyme Q10 (Ubiquinone/Ubiquinol)	100-200 mg/day
Resveratrol (Trans-resveratrol)	100-250 mg/day
N-Acetyl Cysteine (NAC)	600-1,200 mg/day
Phosphatidylserine (PS)	100-300 mg/day
Acetyl-L-Carnitine (ALCAR)	500-1,500 mg/day
Citicoline (CDP-Choline/Cognizin®)	250-500 mg/day
L-Theanine	100-200 mg/day
Bacopa Monnieri (BacoMind®)	300 mg/day
Probiotics (Lacto & Bifido strains)	10-20 billion CFUs/day
Prebiotics (Inulin, FOS, Acacia Fiber)	3-5 grams/day
Quercetin	250-500 mg/day