

# THE CANCER REVOLUTION

## Additional Material for Chapter 11

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### Supplements for detoxification

#### The basics

- Take a high potency multi-vitamin and mineral formula
- Take extra-buffered vitamin C 1000-4000 mg (with mineral ascorbates) a day in divided doses (to avoid loose stools) in powder, capsule or tablet forms during periods of increased detoxification (if it causes loose stools, lower dose)
- Take milk thistle (silymarin): 70 to 210 mg a day
- Vitamin B6 as pyridoxal 5'-phosphate, 10-25 mg/day
- Vitamin B12 as methylcobalamin: 10-25 mg/day
- Folate as calcium methylfolate or food-form folates,<sup>1</sup> 1500 mcg/day
- Supplement with essential fatty acids (Omega-3 fatty acids), 1000-2000 mg EPA and DHA a day.

#### Additional supplements (use under medical supervision):

- N-acetylcysteine 500 to 1000 mg a day
- Amino acids (taurine 500 mg twice a day, glycine 500 mg twice a day)
- Alpha-lipoic acid 100 mg to 600 mg a day
- L-carnitine 1000 to 2000 mg a day in divided doses
- Bioflavonoids (citrus, pine bark, grape seed, green tea): 50 mg/day

<sup>1</sup> Establish folate intake using USDA National Nutrient Database as a guide: <http://ndb.nal.usda.gov> [last accessed 15 December 2012].