



Calm the Brain

Brain Nutrients

1. **Neuromag by Life Extension** - 3 at night
Find on [iherb.com](https://www.iherb.com)
2. **Optimized Tryptophan by Life Extension** - 2-3 pills at night
Find on [iherb.com](https://www.iherb.com)
3. **Raw Adrenal Complex by Natural Sources** - 2 pills 2x/day
Find on [iherb.com](https://www.iherb.com)
4. **Nutritional IV** - NAD+ with Myers nutrients and Vit C (offered at Aspen Integrative Medicine)
<https://www.rehabs.com/blog/all-natural-nad-iv-therapy-detox-too-good-to-be-true/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7278809/>

Sleep

5. **Lithium orotate 5mg by KAL** - 1-2 pills at dinner or bedtime (max 2 pills per day)--do not drive after taking this supplement)
Find on [iherb.com](https://www.iherb.com)
6. **Activated Charcoal by Source Naturals** - 1-2 pills at bedtime
Find on [iherb.com](https://www.iherb.com)