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**To Improve Memory and Cognitive Function**

One or a combination of several of the following supplements can be tried

**-Liposomal Glutathione** 200 mg =1 ml/d working up to 2400-3000 mg (12-15 ml) 2x/d

Glutathione clears toxins and Phosphatidyl Choline (the liposome)rebuilds myelin sheath of nerves/brain & structure of mitochondria to help nerves, brain, and energy!

Boardroom Organics is only $20/month for 1000 mg 2x/d and $60/month for 3000 mg (1 Tbsp or 15 ml) 2x/d (vs $456/month for least expensive caps). Most forms of liposomal glutathione only have 250 mg & you just can't get in enough to hit the 3000 mg 1-2x/d needed. You can mask the taste with orange juice, chocolate almond milk, sugar-free Gatorade, hazelnut coffee, with 1 Tbsp Lemon juice and ¼ tsp of Stevita in 4 oz Glutathione, in a smoothie etc.

**-Life Extension - Two Per Day Multi Vitamin** (fatigue, nerve pain, & brain)

**-Alpha Lipoic Acid** 250-500 mg 2x/d

**-NAC** 600mg 1 – 2x/d

**-PQQ** 10 mg 1 – 2x/d (Increases the number of mitochondria!)

**-Bacopa** – 1 cap 1 -2x/d

**-Ginkgo Biloba** 240 mg 2x/d

**-Phosphatidyl Serine** – 60 mg 1 – 2x/d

**-Phosphatidyl Choline** 420 mg 2x/d

**-Resveratrol** 50 – 250 mg/d

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