Mandarin Wellness Center Shirley Hartman, M.D.
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**Chronic Fatigue Syndrome**

To further support mitochondria and ATP production in the treatment of chronic fatigue syndrome

**Try these least expensive vital supplements first:**

-Magnesium 400–1200mg 1-2x/day (decrease if diarrhea)

-Methyl B12 5000 mcg/d

-Life Extension – Two-per-day Multi

-Vitamin C 1000 –4000mg/day (decrease if diarrhea)

-Vitamin D 5000 IU/day

**If little to no improvement, add in the following, 1 at a time**:

-Glutathione 125 mg working to 500 mg 2x/d

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

-NAD 25mg 1-2xday

-Panthothenic Acid 500 mg/d (for adrenals)

-Rhodiola 1 cap 2x/d (for adrenals)

-CoQ10 100mg/day

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

-NAC 600mg 1 – 2x/d

-Acetyl-L-Carnitine 2000mg 2x/day

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