

Dr. Dean's Supplement Profile (updated 9/2026)

General Recommendations:

- Do not substitute one form (e.g., citrate, glycinate, carbonate) of the supplement for another.
- Don't take higher doses. Example: don't take 500 mg if 15 mg is recommended.
- Don't take supplements within an hour of drinking coffee or caffeinated beverages (before or after.)
- Recommendations closely follow FDA requirements at or below UTL (upper tolerable limits.)
- Take at the recommended time intervals to promote absorption and limit cross-conflicting.
- Alcohol/coffee (even decaf) intake negatively impacts the absorption of supplements.
- Check with your doctor regarding supplement interaction with your medications.

Shopping List [Dr. Dean's Supplement Page- amazon.com](#)

1. Calcium Citrate "Solaray" 120 cap 1000 mg
2. Potassium Gluconate "earth's splendor" 200 cap 650mg
3. Iron (Ferrous) Sulfate "Now" 120 cap 18mg
4. Zinc Glycinate "Solaray" "Bio Zinc" 100 cap 15mg dose 1x/day:
5. Selenium (selenomethionine) "Solaray" 90 cap 100 mcg
6. Manganese Chelate (bisglycinate) "Bluebonnet" 90 cap 10mg
7. Molybdenum Chelate (Mo-Zyme) "Biotics Research" 100 cap 50mcg dose
8. Chromium Picolinate "Solaray" 200 cap 200 mcg
9. D3+K2 "Solaray" 60 cap 125mcg + 50mcg dose
10. NAC (N-Acetyl Cysteine) "NOW" 120 cap 1000 mg
11. B complex 50 "Solgar" (includes Choline 20mg + Inositol 100 mg) 100 cap
12. Magnesium Glycinate 120 cap 350 mg

Instructions:

Part 1: Morning (No Food)

Take this first thing when you wake up on an empty stomach. Make sure you do not drink coffee within one hour before or after taking this.

1. Iron (Ferrous) Sulfate 18 mg (1 cap) — NOW brand
 - o Why: Iron absorbs best on a completely empty stomach when stomach acid is at its highest concentration. Taking it here ensures absolute maximum bioavailability.
 - o [Amazon Store link](#)

Part 2: Early Day (With Food / Breakfast)

Take this block with your first meal of the day. Make sure to include a non-meat fat (avocado, oil, nuts or nut butter), or with a smoothie. Do not consume coffee/caffeine within one hour of this meal.

2. Zinc Glycinate "Bio Zinc" 15 mg (1 cap) — Solaray brand
 - *Why:* Moving Zinc to breakfast keeps it completely separated from your empty-stomach morning Iron, preventing them from blocking each other. Taking it with food also entirely eliminates the nausea that zinc can cause on an empty stomach.
 - [Amazon store link](#)
3. D3 + K2 125mcg + 50mcg (1 cap) — Solaray brand
 - *Why:* Vitamin D is strictly fat-soluble. It requires the healthy dietary fats present in your breakfast (eggs, butter, avocado, yogurt) to be absorbed by your gut.
 - [Amazon store link](#)
4. NAC (N-Acetyl Cysteine) 1,000 mg (1 cap) — NOW brand
 - *Why:* Provides your cells and liver with immediate antioxidant and glutathione support to kickstart your day.
 - [Amazon store link](#)
5. B-Complex "50" (1 cap) — Solgar brand
 - *Why:* B vitamins are highly water-soluble and act as the spark plugs for cellular energy metabolism. Taking them with breakfast maximizes daytime energy and prevents B12 from disrupting your sleep later at night.
 - [Amazon store link](#)

Part 3: Afternoon (With Food / Lunch)

This is the ideal time to enjoy your daily coffee if you wish after 11:00 and before 2:00, as none of these specific nutrients will be negatively affected by it.

6. Selenium (selenomethionine) 100 mcg (1 cap) — Solaray brand
 - *Why:* Selenium absorbs easily with lunch and works quietly in the background to support daytime thyroid hormone conversion.
 - [Amazon Store link](#)
7. Chromium Picolinate 200 mcg (1 cap) — Solaray brand
 - *Why:* Acts as a metabolic key to help insulin clear glucose from your bloodstream. Taking it with lunch helps prevent afternoon blood sugar crashes and completely crushes late-day sugar cravings.
 - [Amazon Store link](#)

Part 4: Dinner (With Food / Evening Meal)

Take this final block with your evening meal. These minerals naturally promote muscle relaxation and safe overnight filtration. Never drink alcohol when taking supplements. Alcohol prevents supplement absorption.

8. Calcium Citrate 1,000 mg (4 caps) — Solaray brand

- *Why:* Calcium is a heavy macro-minerals that aggressively bullies and blocks smaller trace minerals. By isolating your entire 4-capsule dose at dinner, you completely protect your morning Iron and Zinc. Calcium also naturally supports overnight bone remodeling and muscle relaxation.
- [Amazon store link](#)

9. Potassium Gluconate 650 mg / 99 mg elemental (1 cap) — Earth's Splendor brand

- *Why:* Works in tandem with calcium in the evening to help regulate systemic fluid balance and support healthy nighttime blood pressure.
- [Amazon store link](#)

10. Manganese Chelate (bisglycinate) 10 mg (1 cap) — Bluebonnet brand

- *Why:* Manganese can strongly compete with iron for absorption. Shifting it to dinner keeps it miles away from your morning empty-stomach iron pill.
- [Amazon store link](#)

11. Molybdenum Glycinate Chelate (Mo-Zyme) 50 mcg (1 cap) — Biotics Research brand

- *Why:* Acts as a vital nighttime enzyme clearing pathway, helping your liver safely process and neutralize any sulfites accumulated from your daytime meals.
- [Amazon Store link](#)

12. Magnesium Glycinate 350 mg (1 cap)--- Solaray brand

- *Why:* Works in perfect harmony with your evening calcium and potassium to promote deep muscle relaxation, lower blood pressure, and ease nighttime tension. The glycinate form is exceptionally gentle on the digestive tract.
- [Amazon store link](#)