

Dr. Dean's Essential Supplements Recommendation
Anti-inflammatory + low histamine diet (AILHD)

1. Solgar/Now [Zinc Picolinate](#) 22mg or Nature's Way Zinc [Chelate](#) 30mg (1)
(headache, nausea, indigestion, taste, smell, immunity, wound healing)
2. Solgar [Quercetin](#) with Ester-C plus 1000mg (1) or (2) 500mg
(immune-supportive, anti-inflammatory, gut wall cell support, arthritic-type joint pain)
3. Solgar [Choline/Inositol](#) 500mg/500mg (2)
(nerve function, fat transport and metabolism) (anxiety, depression, insulin sensitivity)
4. Solgar [B-Complex](#) "50" or Emerald co-enzymated B-Healthy (1)
(1000s of metabolic and enzyme actions)
5. MRM [CoQ-10](#) 100mg (1)
(aerobic ATP/ energy production)
6. KAL [Magnesium glycinate](#) 400mg (1)
(DNA, bone, blood sugar control, transport of other minerals)
7. Naomi organic [Astaxanthin](#) 12 mg (1) xanthophylls; antioxidant ~ cell repair

Blended into a drink in the morning: ORAC = 250,000+

MRM Egg White protein + Digest-All (1 scoop) [trpytophan](#) rich (pain mediation)

Flora "Udo's Choice" Udo Oil DHA Blend 3-6-9 8.5 oz (1 serving)

Essential [omega fatty acids](#) (properly proportioned; cardiovascular health, anti-inflammatory)

Longevity Elixers 5-[Mushroom](#) powder (1/2 tsp)

Reishi (immune), Lion's mane (depression/anxiety), Chaga (inflammation), Turkey Tail
(anti-oxidant, gut balance), Cordyceps (immunity, anti-cancer), beta glucans (<cholesterol)

Powdered Combo (chose one):

Vibrant Health: Spectrum Vibrance & Green Vibrance (1 scoop each) 143,600 ORAC
antioxidants (slow cellular damage), polyphenols/pigments (anti-cancer), sterols (cell wall health), carotene (mucous membrane health), vitamins, astaxanthin (microalgae, 6000x Vita C), phycocyanin (immunity/anti-cancer/DNA oxidative damage) 25 billion probiotics, immune support, adaptogens, enzymes.

Raw Cacao (powder or nibs/ 2 tbs) ORAC 17, 400; minerals + antioxidants, vitamins B & E, [theobromine](#)
(alertness, energy, mood)

Carrot Juice (4-6 ounces): ORAC 700: [vitamin A](#) /beta carotene, lycopene, polyacetylene, cyanins
(anti-oxidant), K

Cinnamon (2 tbs) ORAC 31,540: [Manganese](#) (300 RXN) Cinn-chemistry (anti-oxidant/anti-inflammatory,
Improves insulin sensitivity/anti-diabetic, lowers cholesterol, Alzheimers, anti-clotting)

Ginger (1 tsp) [oleoresin/gingerols](#) (nausea, brainfog, anti-oxidant, anti-inflammatory, liver health)

Any nut butter: (1 tb) [omega fatty acids](#) (CV health), satiety, mouth-feel, flavor (pumpkin seed butter)

Dash of black pepper (facilitates turmeric absorption)

Frozen blueberries (fresh frozen or pre-frozen) 20-25 antioxidant, glucose activation

Herb blend (1 tsp dry each): rosemary + oregano + thyme + turmeric (root) + sage + parsley + basil
= ORAC 35,190