Clinician — Doc Brown
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CUSTOM SUPPLEMENT PLAN

Nutrition & Recovery Support for Marty M.

500–1,000 mg standardized extract per day

Turmeric / Curcumin

Studied for joint comfort and a normal inflammatory response.

How to take: Take with a meal. Choose a formula with black pepper (piperine) or a phytosome for absorption. Caution: may increase bleeding risk if combined with blood thinners (warfarin, DOACs, aspirin, clopidogrel) — check with your prescribing physician if you take any of these.

40 mg per day

UC-II Undenatured Type II Collagen

Low-dose collagen studied for joint comfort and cartilage.

How to take: Take on an empty stomach, ideally at bedtime. Caution: sourced from chicken cartilage — avoid if you have a poultry allergy.

1,500 mg / 1,200 mg per day

Glucosamine Sulfate + Chondroitin

Building blocks used in cartilage and joint surfaces.

How to take: Take with food, daily. Give it 8–12 weeks before deciding whether it helps. Caution: may increase bleeding risk if combined with blood thinners (warfarin, DOACs, aspirin, clopidogrel) — check with your prescribing physician if you take any of these.

10–20 g per day

Collagen Peptides

Amino acids used to build tendon, ligament, and cartilage.

How to take: Take 30–60 minutes before rehab exercise or a walk when possible; otherwise stir into coffee, oatmeal, or a smoothie at any time of day. Caution: sourced from fish, bovine, or chicken protein — avoid if you are allergic to the source, and check with your physician if you have advanced kidney disease.

3–5 g per day

Glycine

Major amino acid used in collagen formation and connective tissue repair.

How to take: Stir into water or tea. For sleep, take 3 g about 30–60 minutes before bed. It is mildly sweet. Caution: can add to the effect of sedatives and clozapine — check with your prescribing physician if you take either.

1,000 mcg per day

Vitamin B12 (Methylcobalamin)

Essential for energy metabolism and nerve function.

How to take: Take in the morning, on an empty stomach or with breakfast. Sublingual forms absorb well. Caution: if you are being treated for a B12 deficiency, tell your physician you are supplementing so bloodwork is interpreted correctly.

5 g per day (recovery protocols use up to 20 g daily in 4 divided doses)

Creatine Monohydrate

Supports cellular energy production, physical performance, and mental energy.

How to take: Mix into water or a shake and take at the same time each day. Drink plenty of fluid throughout the day. Caution: drink plenty of water, and check with your physician before use if you have kidney disease or take medication that affects the kidneys.

1,000–2,000 mg per day

Acetyl-L-Carnitine

Supports mitochondrial fatty-acid metabolism and cellular energy production.

How to take: Take in the morning or early afternoon on an empty stomach; it can be stimulating. Caution: check with your prescribing physician if you take thyroid medication, warfarin, or have a seizure disorder.

MEDICATION & HEALTH CAUTIONS

Turmeric / Curcumin, Glucosamine Sulfate + Chondroitin: may increase bleeding risk if combined with blood thinners (warfarin, DOACs, aspirin, clopidogrel) — check with your prescribing physician if you take any of these.

UC-II Undenatured Type II Collagen: sourced from chicken cartilage — avoid if you have a poultry allergy.

Collagen Peptides: sourced from fish, bovine, or chicken protein — avoid if you are allergic to the source, and check with your physician if you have advanced kidney disease.

Glycine: can add to the effect of sedatives and clozapine — check with your prescribing physician if you take either.

Vitamin B12 (Methylcobalamin): if you are being treated for a B12 deficiency, tell your physician you are supplementing so bloodwork is interpreted correctly.

Creatine Monohydrate: drink plenty of water, and check with your physician before use if you have kidney disease or take medication that affects the kidneys.

Acetyl-L-Carnitine: check with your prescribing physician if you take thyroid medication, warfarin, or have a seizure disorder.

Review this list with your prescribing physician or pharmacist before starting anything new, especially if you take prescription medication, are pregnant or nursing, or have a chronic condition.

This plan is a general supplement guide and does not replace individualized medical advice. Discuss changes with your prescribing physician if you take other medications.

Prepared for **Marty M.** by Hill Valley Family Chiropractic **Doc Brown**