

**Supplements currently recommended as of 2/8/06. Those in yellow are considered priority for protection from treatment toxicity.**

**Everything else is recommended or has been found useful in treatment. Individual sensitivities to supplements and medications may vary. Be sure to find a good quality source of supplements and look for the most absorbable formulations.**

Check with your doctor before taking these or any other medications or supplements as they may interact with your particular health condition, or with other medications.

Supplements to Protect Cells and Foster Regeneration Specific to Cpn Infection				
Name	Dosage	Mode of Action	Comments	References
Folic acid	400 mcg twice per day	Needed for cell rebuilding		<a href="http://www.cpnhelp.org/?q=stratton">http://www.cpnhelp.org/?q=stratton</a> <a href="http://www.cpnhelp.org/?q=folate_and_folic_acid_in">http://www.cpnhelp.org/?q=folate_and_folic_acid_in</a>
<b>Vitamin C</b>	At least 1 gram twice per day	Antioxidant, anti-endotoxin		<a href="http://www.davidwheldon.co.uk/supplement_ration">http://www.davidwheldon.co.uk/supplement_ration</a>
<b>N-acetyl-Cysteine (NAC)</b>	600mg 2x per day	Supports and protects liver against toxicity.  Kills Cpn Elementary Bodies. (EB's)	Two week course essential before starting any antibiotics and continuous throughout protocol.	

<b>Vitamin D</b>	4000iu is recommend-ed: cholecalciferol	Immune system support.	Less may be needed in infections other than MS and CFS Blood tests may be useful	<a href="http://www.davidwheldon.co.uk/ms-treatment.html">http://www.davidwheldon.co.uk/ms-treatment.html</a> <a href="http://www.cpnhelp.org/?q=the_vitamin_d_page">http://www.cpnhelp.org/?q=the_vitamin_d_page</a> <a href="http://www.cpnhelp.org/?q=vitamin_d_supplementa">http://www.cpnhelp.org/?q=vitamin_d_supplementa</a>
<b>Selenium</b>	200 mcg once per day) should be taken with the vitamin E	Antioxidant		<a href="http://www.davidwheldon.co.uk/supplement_rationa">http://www.davidwheldon.co.uk/supplement_rationa</a>
<b>Acetyl L-Carnitine</b>	500 mg twice per day	Supports mitochondrial energy.	Liver protectant. Cell and muscle energyizer.	<a href="http://www.davidwheldon.co.uk/supplement_rationa">http://www.davidwheldon.co.uk/supplement_rationa</a>
<b>Ubiquinone (coenzyme Q10)</b>	30-200 mg twice per day	Supports mitochondrial energy.		<a href="http://www.davidwheldon.co.uk/supplement_rationa">http://www.davidwheldon.co.uk/supplement_rationa</a>
<b>Alpha-lipoic acid</b>	150-400 mg twice per day	Antioxidant, protective.		<a href="http://www.cpnhelp.org/?q=another_good_reason">http://www.cpnhelp.org/?q=another_good_reason</a>
<b>Magnesium (may be combined with calcium)</b>	300mg 2-3x per day	Both taken remote from antibiotics as interfere with antibiotics absorbtion	Seen to be significantl;y depleted in Chronic Fatigue and Fibromyalgia	<a href="http://www.davidwheldon.co.uk/ms-treatment.html">http://www.davidwheldon.co.uk/ms-treatment.html</a>
<b>Biotin</b>	5 mg twice per day			<a href="http://www.davidwheldon.co.uk/supplement_rationa">http://www.davidwheldon.co.uk/supplement_rationa</a>
<b>Vitamin E(alpha tocopherol)</b>	400 units twice per day	Antioxidant		<a href="http://www.davidwheldon.co.uk/supplement_rationa">http://www.davidwheldon.co.uk/supplement_rationa</a>

<b>Quercetin</b>	400 - 500 mg twice per day	Antichlamydial, anti-inflammatory, antioxidant., anti-endotoxin		<a href="http://www.davidwheldon.co.uk/supplement_ration">http://www.davidwheldon.co.uk/supplement_ration</a>
<b>Evening Primrose Oil</b>	1 G daily	Lipids form large portion of nerve cells.	Nerve repair	<a href="http://www.davidwheldon.co.uk/supplement_ration">http://www.davidwheldon.co.uk/supplement_ration</a>
<b>Omega 3 fish oil</b>	1000mg 1-3x daily	Lipids form large portion of nerve cells.	Nerve repair	<a href="http://www.davidwheldon.co.uk/supplement_ration">http://www.davidwheldon.co.uk/supplement_ration</a>
<b>Melatonin</b>	1.5-9mg either at dinnertime or just before bed	Antioxidant, antichlamydial, restores hypothalamic pituitary imbalance caused by chronic Cpn	Normalizing sleep.  May increase or interfere with certain antidepressants	<a href="http://www.cpnhelp.org/?q=node/42">http://www.cpnhelp.org/?q=node/42</a> <a href="http://www.cpnhelp.org/?q=another_reason_to_tak">http://www.cpnhelp.org/?q=another_reason_to_tak</a> <a href="http://www.cpnhelp.org/?q=serotonin_and_melaton">http://www.cpnhelp.org/?q=serotonin_and_melaton</a>
<b>Glucosamine</b>	750 - 1000 mg two or three times per day	Aids in connective tissue regeneration.	Particularly when arthritic symptoms are being treated	<a href="http://www.cpnhelp.org/?q=stratton">http://www.cpnhelp.org/?q=stratton</a>
<b>Chondroitin sulfate</b>	250 - 500 mg twice per day) should also be included	Aids in connective tissue regeneration.	Particularly when arthritic symptoms are being treated in protocol	<a href="http://www.cpnhelp.org/?q=stratton">http://www.cpnhelp.org/?q=stratton</a>

<b>L-Glutamine</b>	2 - 4 grams twice per day			<a href="http://www.cpnhelp.org/?q=stratton">http://www.cpnhelp.org/?q=stratton</a>
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**Supplements recommended in Stratton/Mitchell information on Secondary Porphyria caused by Chlamydia pneumoniae infections.** <http://www.cpnhelp.org/?q=stratton>

**Testing for porphyrias and pre-treatment with agents below is recommended before beginning a Combination Antibiotic Protocol (CAP) if porphyria is suspected or found, otherwise initiation of CAP can worsen it.**

**Individual sensitivities to supplements and medications may vary.**

Check with your doctor before taking these or any other medications or supplements as they may interact with your particular health condition, or with other medications.

Supplements/Medications to Counter Porphyric Reactions				
Name	Suggested Dosage	Mode of Action	Comments	References
<b>B12 injections</b>	3mg w 1mg lidocaine twice a day for first three days, then twice per day 2-3x/week for next three weeks, then 3mg 1x per week during treatment	Hugely depleted by heme byproducts.	Supports detoxification by methylization. Injection discomfort.	<a href="http://www.cpnhelp.org/?q=stratton">http://www.cpnhelp.org/?q=stratton</a>  <a href="http://www.cpnhelp.org/?q=B12deficiencyindicator">http://www.cpnhelp.org/?q=B12deficiencyindicator</a>
<b>Sublingual B12</b>	5000mcg 3x/day	Hugely depleted by heme byproducts.	Supports detoxification by	

			methylization.	
<b>Glucose</b>		Needed by host cells to counter reduced cellular energy from Cpn	Not for diabetic patients	<a href="http://www.davidwheldon.co.uk/supplement_rationale.html">http://www.davidwheldon.co.uk/supplement_rationale.html</a> <a href="http://www.cpnhelp.org/?q=stratton">http://www.cpnhelp.org/?q=stratton</a>
<b>Vitamin B-1 (thiamin)</b>	100 mg twice per day	Needed to help cells utilize glucose		<a href="http://www.cpnhelp.org/?q=stratton">http://www.cpnhelp.org/?q=stratton</a>
<b>Vitamin B-2 (riboflavin)</b>	100 mg twice per day	Needed to help cells utilize glucose		<a href="http://www.cpnhelp.org/?q=stratton">http://www.cpnhelp.org/?q=stratton</a>
<b>Vitamin B-5 (panto-thenate),</b>	100 mg twice per day	Needed to help cells utilize glucose		<a href="http://www.cpnhelp.org/?q=stratton">http://www.cpnhelp.org/?q=stratton</a>
<b>Vitamin B-6</b>	pyridoxine 100 mg twice per day or pyridoxal-5 phosphate 25 mg twice per day	Needed to help cells utilize glucose  Counters peripheral neuropathy symptoms., neuro-protective.		<a href="http://www.cpnhelp.org/?q=stratton">http://www.cpnhelp.org/?q=stratton</a>
<b>Activated Charcoal</b>	2-4-grams 2 or 3 times per day at least 2 hrs before and 2hrs after meals or meds.	Absorbs porphyrins and endotoxins in gut.	Eases stomach discomfort and gas.  Absorbs a variety of toxic substances.	<a href="http://www.cpnhelp.org/?q=stratton">http://www.cpnhelp.org/?q=stratton</a>

		<p>Can be constipating.</p> <p>Must be taken away from meals, meds, supplements or absorbs them too.</p>	
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**Supplements currently recommended as of 2/8/06. These have been found pragmatically useful in treatment to counter Cpn endotoxin. Individual sensitivities to supplements and medications may vary. Be sure to find a good quality source of supplements and look for the most absorbable formulations.**

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Supplements Supportive to Counter Endotoxic Reactions				
Name	Dosage	Mode of Action	Comments	References
<b>Niacin</b>	500-2000mg (with liver monitoring) spread over day or via time release.	Counters niacin depletion by Cpn. Assists in production of anti-Cpn bioagents. Counters endotoxin reactions.. Helps with chronic headaches.	Counters coldness reaction from endotoxin.  Lowers cholesterol (espec. LDL).  Causes flush reaction. Must work up slowly.  Can be liver	<a href="http://www.cpnhelp.org/?q=powell_niacin">http://www.cpnhelp.org/?q=powell_niacin</a>

		toxic if other compromises to liver especially in time release. Should have liver monitoring at high doses.	
<b>Garlic, Horny Goat Weed, Ginseng, &amp; Ashwa-gandha</b>	2 capsules each, 2 – 3 times per day.	All increase the activity of NOS and may be synergistic in combination with niacin. Increasing nitric oxide usually decreases FM related muscle pain and anxiety.	No cautions unless specific sensitivity. <a href="http://www.cpnhelp.org/?q=powell_niacin">http://www.cpnhelp.org/?q=powell_niacin</a>
<b>Charcoal</b>	As described under anti-porphyrin supplement		
<b>Vitamin C Flush</b>	1-2 grams (1-2 tsp) powdered buffered Vit C. every 15 minutes in 8oz H2O until bowel evacuation occurs.	Endotoxin soaks up Vitamin C in large amounts. This is a strategy for more acute effects, e.g. third day of	<a href="http://www.acnem.org/journal/24-1_april_2005/endotoxin.htm">http://www.acnem.org/journal/24-1_april_2005/endotoxin.htm</a> <a href="http://www.perque.com/pdfs/Pt_Ascorbate_Slush_FIN.pdf">www.perque.com/pdfs/Pt_Ascorbate_Slush_FIN.pdf</a>

		<p>Flagyl pulse.</p> <p>Since it causes bowel evacuation and clearance, should be used before medications and eating.</p> <p>Buffered C contains minerals which interfere with antibiotic absorption, so wait two hours</p>
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Anticandidal and Other Supplements				
Name	Dosage	Mode of Action	Comments	References
<b>Acidophilus and other "good" intestinal flora</b>	See recommended dosage by manufacturer.	Replaces intestinal flora killed by antibiotics and/or imbalanced by Cpn, Candida, etc.	Helps intestinal symptoms. Best is a multi-flora formulation.	

		Helps prevents C. Difficile infection from antibiotics.	Enteric coated may help better survive stomach acids.  Essential for using CAP's
<b>Olive leaf extract</b>	1-2 caps twice a day	Anti-viral, anti-candidal, antibacterial.	Stimulates NK cell production, so is immune boosting
<b>Oregano oil</b>	As directed	Antifungal, anticandidal	Can be used as preventative or treatment of intestinal candida.
<b>Diflucan</b>	200mg 2-3 times per week		Prescription.  Uses p450 liver enzymes for metabolism, so caution if liver is effected.