

PROTOCOL/SUPPLEMENT LIST

Please note not all companies make quality supplements. It is important to get good quality supplements. Your local health food store or wellness clinic should be able to advise you regarding good quality supplements. Some of the people taking the below supplements have purchased from the following companies: Thorne, Life Extension, Prima Force, Beyond a Century and NOW. WINNING THE FIGHT, INC does not endorse these companies, and there are likely other companies that sell quality supplements.

PROTOCOL/NERVE HEALTH SUPPLEMENT LIST

<u>SUPPLEMENT</u>	<u>DOSAGE</u>	<u>PURPOSE</u>
Arginine alpha keto-glutarate (AAKG) ***MOST IMPORTANT SUPPLEMENT	Begin with standard dosage and frequency recommended on bottle do not exceed 18G	Delivers energy to nerves
Nicotinamide Adenine Dinucleotide (NADH) ***MOST IMPORTANT SUPPLEMENT	20 Mg 2X/day	NADH is a reduced form of NAD, which stops nerve cell death
GABA ***MOST IMPORTANT SUPPLEMENT	250 Mg 2x/day	Inhibitory neurotransmitter
Glutathione ***MOST IMPORTANT SUPPLEMENT	Two 175mg Capsules 3x/day	Most efficient free radical scavenger in nervous system
Idebenone ***MOST IMPORTANT SUPPLEMENT	180 Mg 1X/day	Facilitates energy provided to the nerves
Ubiquinol (CoQ100) ***MOST IMPORTANT SUPPLEMENT	200Mg 1x/day	Helps energy cycle in mitochondria
B Complex	Follow standard dosage and frequency recommended on bottle	General nerve health
Bee Propolis	500Mg 1x/day	The only antioxidant specific to the nervous system
CoQ10	Take as directed on bottle	Helps energy cycle in mitochondria
5-Hydroxy Tryptophan	50Mg 1x/day (take at PM)	Precursor of serotonin and melatonin, both inhibitory neuro-transmitters
Creatine <small>*Powder form or capsules</small>	879 Mg 2 pills 1x/day	General muscle health and recovery
Cysteplus	500Mg 1x/day	Counteracts glutamate hyperactivity
Ginkgo Biloba	120Mg 1x/day	Protects against glutamate excitotoxicity by reducing Ca++
Glutathione	Intravenous / 3000Mg/ 1 x/week	Most efficient free radical scavenger in nervous system

<u>SUPPLEMENT</u>	<u>DOSAGE</u>	<u>PURPOSE</u>
Glycine	500Mg 2x/day	Balance Neurotransmitters
Magnesium	400Mg 1x/day	Calms nerves
Methyl Folic Acid (5-MTHF)	1Mg 2x/day	Needed, along with B12, for metabolism
Neurochondria	1x/day One dose contains the following ingredients: 1500mcg of Vitamin B12; 300mcg of Folate; 250mg of Benfotiamine; 150mg of CoQ10; 120mg of R-Lipoic Acid; 150mg of Glutathione; 300mg of Acetyl-L-Carnitine; 150mg of Phosphatidylserine	Nerve metabolism
Opti Zinc	30Mg 1x/day	OptiZinc® is a form of methionine-bound zinc that increases the bioavailability of zinc and stabilizes Ca+ channels.
Phosphatidylcholine	420Mg 2 capsules 2X/day	Needed for cellular maintenance
Taurine	500Mg 2X/day	Protects against glutamine over-stimulation
Theanine	200Mg 1x/day	Enhances GABA and increases level of GABA
Vitamin D3	5,000 IU 1x/day	Most active form of D3
Vitamin D	10,000 IU 1x/day	Helps with balance

DISCLAIMER

The supplement list, protocol, questionnaire and any other information provided is not intended to treat, cure or prevent any condition or disease. Please consult with your own physician or health care practitioner regarding the supplements and supplement list, questionnaire and any other information provided. You should always speak with a practitioner before taking any dietary, nutritional, herbal or homeopathic supplement. WINNING THE FIGHT, INC. shall have no liability to you, including, without limitation, any liability for any defective products. WINNING THE FIGHT, INC. makes no warranty, express or implied, with respect to any products or services, including any warranty of merchantability or fitness for a particular purpose. Under no circumstances, including, but not limited to negligence, shall WINNING THE FIGHT, INC. be liable for any direct, indirect, special, incidental or consequential damages, arising out of the use, or the inability to use, the supplements, supplement list, questionnaire and any other information provided. We do not warranty and shall have no liability regarding information provided regarding recommendations for supplements for any and all health purposes. This information is provided solely as information to use when discussing a regimen with your healthcare practitioners. WINNING THE FIGHT, INC. is providing this supplement list, questionnaire and any other information on an "as is" basis and makes no representations or warranties of any kind with respect to this or its contents. WINNING THE FIGHT, INC., nor any of its directors, officers, employees, contributing physicians, medical liaison, researchers, volunteers or other representatives will be liable for damages arising out of or in connection with the use of the supplements, supplement list, questionnaire and any other information provided. This is a comprehensive limitation of liability that applies to all damages of any kind, including (without limitation) compensatory, direct, indirect or consequential damages, loss of data, income or profit, loss of or damage to property, bodily injury, and claims of third parties. It is imperative that you speak with your practitioner before

buying or using supplements. Each person is different, and the way someone reacts to a particular product may be significantly different from another. You should always speak with a practitioner before taking any dietary, nutritional, herbal or homeopathic supplement.

ADDENDUM TO PROTOCOL

Please keep in mind that with ALS both nerve and muscle cells are affected therefore you must treat both of them.

AAKG (People have purchased this supplement at Beyond A Century, PrimaForce and NOW to name a few)

AAKG is a key supplement to providing energy to the cells. AAKG may cause diarrhea and bloating. Our experience has found that if you start with a low dose and gradually increase the dose not to exceed 18 grams over time these symptoms may be lessened or will stop.

****AAKG is a supplement your body requires daily to keep cells alive. Your body does not store it or build a reserve. So taking it daily is essential. Please note with AAKG you may not notice an immediate change but changes should occur over time and may be subtle such as lessening of spasms, twitches/fasciculations, saliva, tremors, etc.

Extra Virgin Coconut Oil (found at local health food store)

Massage - Massage oil into muscles that have atrophied or diminished daily. Massage oil over entire body twice a week.

Oral – Use a mixture of coconut oil and medium chain triglycerides (MCT) oil to tolerance because they can cause diarrhea, bloating and stomach cramps.

Exercise

Do resistance, aerobic as well as stretching and range of motion exercises. It is important that you do not fatigue the muscle to the point where it is so tired you cannot use it.

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