

| Item | Make | Size | Nuber to take Morning | Number to take Evening | |
|----------------|---------------|---------|-----------------------|------------------------|---|
| Carnitine 1500 | Vitamorph | 1500 mg | 1 | | https://www.vitamorph.com/product/carnitine-1500-l-carnitine-1500mg-acetyl-l-carnitine-supplement-120-capsules/ |
| B-Complex 100 | Solgar | 100 mg | | 1 | https://www.solgar.com/all-products/b-complex-100-vegetable-capsules/ Holland & Barret Lymington |
| N-A-C Sustain | Jarrow | 600 MG | 1 | 1 | https://www.jarrow.com/products/search?key=N-A-C+Sustain+%3A+Detox+%26+Liver+Support https://bigvits.co.uk/product/n-acetyl-cysteine-nac-600mg-non-gmo-x-60-vegecaps/ |
| D3 | Nature Bounty | 5000 iu | 1 | | https://www.naturesbounty.com/our-products/letter-vitamins/vitamin-d/vitamin-d3-5000-iu-240-rapid-release-softgels/ Holland & Barret Lymington |
| CoQ10 | Sanderson | 400 mg | | | https://www.sandersonvitamins.co.nz/products/premium-co-enzyme-q10-400mg-softgels |
| | | 200 mg | 2 | | https://bigvits.co.uk/product/jarrow-formulas-coq10-200mg-x-60-veggie-capsules/ |
| L-Arginine | Jarrow | 1000 mg | 1 | 1 | https://www.jarrow.com/product/50/Arginine https://bigvits.co.uk/product/l-arginine-1000mg-x-100tabs-easysolve/ https://www.hollandandbarrett.com/shop/product/holland-barrett-l-arginine-coated-caplets-1000mg-60050880 |
| Aspirin | Various | 81 mg | | 1 | N/A |
| Pygeum | Vitasense | 100mg | | 1 | https://www.myvitasense.com/products/50?_pos=1&_sid=98c84af7d&_ss=r https://www.herbalsecrets.com/products/herbal-secrets-african-pygeum-extract-100mg-120-capsules |