

CHEMICAL DEFENCES TO ELECTROMAGNETIC WARFARE v.1

1 **Vitamins/Minerals**

After a lot of research, we chose to use the 'mega-multi' here;

<https://www.pipingrock.com/multivitamins>

2 **Glutathione** 250 – 1000mg daily

<https://www.pipingrock.com/l-glutathione/l-glutathione-reduced-500-mg-50-quick-release-capsules-3921>

(or via {precursor} **NAC** @ 600mg daily)

<https://www.pipingrock.com/n-acetyl-cysteine/n-acetyl-cysteine-nac-600-mg-100-coated-caplets-3811>

3 **Alpha Lipoic Acid** 600mg daily

<https://www.pipingrock.com/alpha-lipoic-acid/alpha-lipoic-acid-plus-biotin-optimizer-600-mg-90-quick-release-capsules-291>

4 **Melatonin** 3-5mg nightly; every fourth week take nothing

<https://www.pipingrock.com/melatonin/melatonin-fast-dissolve-tablets-3-mg-200-fast-dissolve-tablets-4162>

Cellular/Nerve/Heart damage repair

5 **CoQ10** 100mg daily

<https://www.pipingrock.com/coq10/absorbable-coq10-100-mg-120-quick-release-softgels-8441>

6 **Lecithin** 1200mg daily

<https://www.pipingrock.com/lecithin/lecithin-non-gmo-1200-mg-240-quick-release-softgels-823>

Eye Health

7 **Lutein + Zeaxanthin** (40mg and 2mg together)

<https://gb.pipingrock.com/lutein-bilberry/lutein-zeaxanthin-40-mg-90-quick-release-softgels-511>

