

**Immune Support Micronutrient Formula – Jon D. Kaiser, M.D.**

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<b>Micronutrient</b>	<b>Total daily dosage</b>	<b>Micronutrient</b>	<b>Total daily dosage</b>
N-acetyl cysteine (NAC)	1,200 mg	Calcium	800 mg
Acetyl L-carnitine	1,000 mg	Magnesium	400 mg
Alpha lipoic Acid	400 mg	Selenium	200 mcg
Beta Carotene	20,000 i.u.	Iodine	150 mcg
Vitamin A	8,000 i.u.	Zinc	30 mg
Vitamin C	1,800 mg	Copper	2.0 mg
Vitamin B1	60 mg	Boron	2.0 mg
Vitamin B2	60 mg	Potassium	99 mg
Pantothenic acid	60 mg	Iron	18 mg
Niacinamide	60 mg	Manganese	10 mg
Inositol	60 mg	Biotin	50 mcg
Vitamin B6	260 mg	Chromium	100 mcg
Vitamin B12	2.5 mg	Molybdenum	300 mcg
Vitamin D	400 i.u.	Choline	60 mg
Vitamin E	800 i.u.	Bioflavonoid complex	300 mg
Folic acid	800 mcg	L-glutamine	100 mg
		Betaine HCL	150 mg

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