

Us too Warriors Below is the list of my supplements I am sending to my Brothers. Don and David, Print this Out (brothers) and hold on to this menu so you can follow it. All \* are most important. Best Peter

**Prescriptions (pills) All\***

1. Casodex (bicalutamide) 50 mg 3/day
2. Doxycycline Hycj. 100 mg 1/d
3. Avodart/Finasteride .5 mg/5 mg 1/d
4. Metformin 500 mg 3 or 4/d
5. Dostinex .25 mcg 1/2 pill per week help with breast pain/growth
6. Femara 2.5 mg 1/d " " " " "

**Supplements**

1. Chrysin Swanson 3/d help with breast pain/growth\*
2. Calcium Glutarate Swanson 3/d " \*
3. Red Clover Swanson 3/d "
4. Wormwood Swanson " \*
5. Berberine " " \*
6. Grape Seed Extract Swanson 3/d \*
7. Apigenin " " \*
8. Fisetin " " \*
9. Super vitamin K [Lef.org](http://Lef.org) " \*
10. Lactoferrin " 1/d
11. Super Bio Curcumin " 9+/d\*
12. Super Green tea(10 C.) " 6+/d\*
13. DIM-Plus Natures Way 3/d\*
14. Quercetin Complex Natrol 3/d\*
15. Urosolic acid Larbrada Nutrition 3/d\*
16. Vitamin D3 Puritan Pride 5000 IU 2/d\*
17. Thunder God Vine ? TCM 1/d