

Supplement Your Prescription What Your Doctor Doesn't Know About Nutrition

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For these patients, consider the following daily supplements: calcium (1,000 mg), magnesium (250 mg to 500 mg), potassium (100 mg), vitamins C (1,000 mg), B1 (320 mg), B6 (10 mg to 25 mg) and zinc (25 mg). Beta blockers. Beta blockers are among the oldest classes of antihypertensive drugs.

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“ Supplement Your Prescription breaks new ground in the previously unexplored terrain of how nutrients are depleted by prescriptive drugs and how to use them together wisely. A boon for both conventional and integrative medicine, this book eliminates the confusion and the guesswork.

Supplement Your Prescription – Hyla Cass, MD

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If someone has no choice but to take them, they must supplement with Ca and Mg citrate as well as B12 sublingual for best absorption. I wish even more about the medications and side effects was explained as well as withdrawal symptoms that doctors deny or are unaware of, but maybe that's for another book.

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