

Table 1. General Guidelines for Nutrient and Redox-Restorative Supplements for Atopic Patients With and Without Indolent Immune Disorders

	Atopic Individuals With Chronic Indolent Immune Dysfunction	Atopic Individuals Without Chronic Indolent Immune Dysfunction
Vitamins	Vitamins: C, 1,000 to 2,000 mg E, 200 to 400 IU A, 5,000 to 7,500 IU D, 100 to 250 IU B-complex, 25–50 mg B12, 1,000 mcg weekly for 4 weeks	Vitamins: C, 3,000 to 5,000 mg E, 400 to 800 IU A, 10,000 to 15,000 IU D, 100 to 250 IU B-complex, 30–50 mg B12, 1,000 to 5,000 mcg weekly for 4–6 weeks
Minerals	Magnesium, 1,000 to 1,500 mg Calcium, 750 to 1,000 mg Potassium, 200 to 400 mg Chromium, 100–300 mcg Selenium, 100–300 mcg Molybdenum, 100–300 mcg	Magnesium, 1,500 to 2,500 mg Calcium, 1,000 to 1,500 mg Potassium, 400 to 600 mg Chromium, 400–600 mcg Selenium, 400–600 mcg Molybdenum, 400–600 mcg
Redox-Restorative Substances	Glutathione, 200–300 mg N-acetylcysteine, 200–300 mg Methylsulfonylmethane, 200 to 500 mg Lipoic acid, 100 to 200 mg Taurine, 500 to 1,000 mg Coenzyme Q10, 30 to 50 mg Pycnogenol, 50 to 100 mg	Glutathione, 600–800 mg N-acetylcysteine, 600–800 mg Methylsulfonylmethane, 1,000 to 1,500 mg Lipoic acid, 300 to 500 mg Taurine, 1,500 to 2,000 mg Coenzyme Q10, 100 to 150 mg Pycnogenol, 100 to 150 mg