



# NUTRITIONAL SUPPORT FOR RECOVERY

COCAINE/NARCOTICS  
DETOX AND REPAIR



International Institute of Faith Based Counseling



# **NUTRITIONAL SUPPORT FOR RECOVERY**

## **COCAINE/NARCOTICS DETOX AND REPAIR**

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# COCAINE/NARCOTICS DETOX & REPAIR

SUPPLEMENTS WILL LAST FOR ONE MONTH AND  
THEN YOU SHOULD RE-EVALUATE.

<b>Supplement Type</b>	<b>Name &amp; Order Code</b>	<b>How to Take</b>
Basic Multiple	Maxxum 3 (90 caps) Karuna #1103	2 per meal = 6/day
Vitamin C	C-1000 (120 caps) Karuna #1210	1 - breakfast, 1 - lunch, 2 - dinner = 4/day (If diarrhea develops, reduce amount.)
Fish Oil	MegaEPA (90 caps) Karuna #4106	1 per meal = 3/day
5HTP	5HTP (30 caps) x 2 Karuna #8101	1 with dinner , 1 at bedtime

*(Be evaluated if you are taking a serotonin reuptake inhibitor-such as Prozac, Paxil, or Zoloft.)*

Tyrosine Tyrosine (100 caps) 11 cap upon arising, 1 cap at  
Douglas Labs TYR 10 am, 1 cap at 3 pm =  
(2400 mg/day)

DL- DL-Pheine (90 caps) 1 cap upon arising,  
Phenylalanine Douglas Labs DL- 1 cap at 10 am, 1  
PHEINE cap at 3 pm = (1500  
mg/day)

*\* (Do not take if you are pregnant, have extremely high blood pressure, grave's disease, constant migraine, schizophrenic, have severe liver damage, have PKU, have panic attacks, have melanoma, or on an MAO antidepressant.)*

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