

Alternative Filler Options for LDN Capsules

Cost \$5 additional on prescription of 30 capsules

Magnesium Glycinate – easily absorbed, may have calming properties. May help with reducing stress, anxiety, depression and insomnia, may help relief of heartburn, upset stomach, or acid indigestion. It also is very important for normal functioning of cells, nerves, muscle, bones and heart. Magnesium deficiency can lead to higher risk for stroke, heart failure and diabetes.

Possible Benefits: reduced risk of stroke, heart failure and diabetes. Reduce migraine headache frequency and pain. It also supports bowel regularity from the inside out by nourishing the body systems that influence bowel function as well as excellent support for cells. May help with fatigue and weakness.

Side Effects: High doses of magnesium can cause nausea, abdominal cramping and diarrhea

Daily Dosage can be: 200mg to 320mg **Note *** take with a full glass of water

Contraindication: Decreased kidney function or diarrhea

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Ginger Root Powder: is loaded with antioxidants, anti-inflammatory and antibacterial. It can help to prevent stress and damage to your DNA. It may help your body fight off chronic diseases like high blood pressure, heart disease, and diseases of the lungs, it is kidney friendly and has been known to reduce risk of formation of kidney stones, it also helps flush extra toxins from renal system.

Possible Benefits: increase the body's ability to fight off chronic diseases like high blood pressure, heart disease, and increase your ability to dissolve and prevent kidney stones. It may also help with brain function and may help with insomnia.

Side Effects: If taking higher dosage one might experience mild side effects including: heartburn, diarrhea, burping, and general stomach discomfort.

Daily Dosage can be: 200mg to 2000mg daily

Contraindication: ask your doctor or pharmacist if it is safe for you to use if you have: bleeding or blood clotting disorder, diabetes or any heart condition.

