

Gottfried Protocol for Hair Loss	HEALTHY RANGES	OPTIONS
Multivitamins	Not just one pill/ Liver detox twice a year	Thorne Detox Nutrients Packets Thorne Daily Basic Nutrients Packets Integrative Therapeutics Clinical Nutrients for Women Integrative Therapeutics Clinical Nutrients for Women- 45+ Integrative Therapeutics Mega Multivitamin Powder Mix
Iron	Ferritin between 70-80	Thorne Iron Picolinate
L-Lysine	1 – 1.5 grams per day	Thorne L-Lysine Start with 1 gram per day, use 1.5 grams if necessary
Biotin	2-10 mgs per day	Integrative Therapeutics Biotin Forte
Omega 3s		Thorne Super EPA
Thyroid	TSH in optimal range of 0.3 to 2.5	
Cortisol		HeartMath Yoga Mindfulness
Insulin		See Multivitamins
Vitamin D	Range of 75 – 90 ng/mL Toxic > 150 ng/mL	Thorne Vitamin D-1,000 Start with 2,000 IU/day. If after testing your levels aren't ideal, boost to 5,000 IU/day for a month and re-test. If still inadequate, stick with 5,000 IU/day for another month.
Androgens	Testosterone and Estrogen	Help regulate by eating foods high in Fiber and Zinc and a low Glycemic Index diet