

## Sulfonylureas--Glucotrol & Amaryl

### 1. Preventing Headaches

- Boswellia Extract – 900 mg/day
- Tart cherry Extract – 1200 mg/day
- Butterbur Extract – 150 mg/day

### 2. Preventing Upset Stomach

- Glutamine Powder – 1 gram/day
- Ginger Extract – 500 mg/day
- Probiotics & Digestive Enzymes – varies

### 3. Preventing Fatigue

- CoQ10 (Ubiquinol) – 200 mg/day
- Ribose Powder – 10 grams/day (2 scoops)
- Vitamins B1, B6, B12 – varies



## Biguanides--Metformin (glucophage) & Riomet

### 1. Preventing Muscle Pain

- CoQ10 (Ubiquinol) – 200 mg/day
- Ribose Powder – 10 grams/day (2 scoops)
- Calcium & Magnesium – 1000 mg/day & 500 mg/day
- Fish Oils – 4 grams/day
- Malic Acid – 100 mg/day
- Curcumin (Turmeric) – 400 mg/day

### 2. Preventing Numbness

- Methylcobalamin (B12) – 5 to 10 mg/day
- Lipoic Acid (R-form) – 300 mg/day
- Phosphatidylserine (PS) – 100 mg/day

### 3. Preventing Gas

- Digestive Enzymes – varies
- Probiotics – varies



## Thiazolidines--Actos & Avandia

### 1. Preventing Sinus Congestion

- Cysteine (NAC) – 600 mg/day
- Oil of Oregano – 2 drops/day
- Olive Leaf Extract – 250 mg/day
- Butterbur – 150 mg/day

### 2. Preventing Headaches

- Boswellia Extract – 900 mg/day
- Tart cherry Extract – 1200 mg/day
- Butterbur Extract – 150 mg/day

### 3. Preventing Dry Cough

- Menthol Crystals – 2 crystals/day
- Mint Leaves – varies
- Fish Oils – 4 grams/day

### 4. Preventing Diarrhea & Heartburn

- Probiotics (Yeast-based) – varies
- Limonene – 1000 mg/day
- Carnosine – 1000 mg/day
- Zinc – 25 mg/day



## DPP-4 Inhibitors--Januvia & Byetta

### 1. Preventing Sinus Congestion

- Cysteine (NAC) – 600 mg/day
- Oil of Oregano – 2 drops/day
- Olive Leaf Extract – 250 mg/day
- Butterbur – 150 mg/day

### 2. Preventing Headaches

- Boswellia Extract – 900 mg/day
- Tart cherry Extract – 1200 mg/day
- Butterbur Extract – 150 mg/day

### 3. Preventing Diarrhea & Heartburn



- Probiotics (Yeast-based) – varies
- Limonene – 1000 mg/day
- Carnosine – 1000 mg/day
- Zinc – 25 mg/day

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