
Subject: regimen eines amis

Posted by [glockenspiel](#) on Sat, 06 May 2006 14:10:12 GMT

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My Regimen: Morning:

1x Multi-Vitamin – NSI Men's Occupower (11/05)

2x Beta Glucan - 250mg (11/05)

1x ALCA & ALA - 500/250mg (11/05)

1x L-Taurine – 500mg (11/05)

1x Mushroom Extract - 200mg (11/05)

1x Fo-Ti - 160mg (06/05)

2x Gotu Kola - 435mg (11/05)

1x L-Lysine - 500mg (03/05)

1x Glisodin - 500mg (11/05)

1x SDG Flax Lignan - 70mg SDG (11/05)

1x NAC – 600mg (01/06)

2x Spirulina – 500mg (02/06)

2x Chlorella – 200mg (01/06)

1x Beta Sisterol - 300mg (11/05)

1x DIM - 100mg (11/05)

1x CGF – 225mg (12/05)

1x Hyaluronic Acid (12/05)

1x DHA – 200mg (03/06)

Lunch:

1x Multi-Vitamin – NSI Men's Synergy (01/06)

2x Beta Glucan - 500mg (11/05)

2x ALCA & ALA - 500/250mg (11/05)

1x L-Lysine - 500mg (01/06)

1x Green Tea Extract - 500mg (03/05)

1x NAC – 600mg (01/06)

2x Spirulina – 500mg (02/06)

3x Chlorella – 200mg (11/05)

1x Beta Sisterol - 300mg (11/05)

1x Ginkgo Biloba - 160mg

1x Ginseng - 900mg (06/05)

1x Flax Seed Oil - 1000mg (03/05)

1x SDG Flax Lignan - 40mg SDG (12/05)

1x Biotin - 5000mg (11/05)

1x L-Carnisone – 500mg (11/05)

1x Grape Seed Extract - 100mg (11/05)

1x Pomengranate – 100mg (03/06)

1x DHA – 100mg (03/06)

1X H Suppliment (03/04) - will phase out

Evening:

1x Multi-Vitamin – NSI Men's Synergy (01/06)

2x Beta Glucan 250mg (11/05)
2x ALCA & ALA - 500/250mg (11/05)
1x L-Taurine – 850mg (11/05)
1x Mushroom Extract - 200mg (11/05)
1x Fo-Ti - 160mg (06/05)
2x Gotu Kola - 435mg (11/05)
1x Green Tea Extract - 500mg (03/05)
1x Glisodin - 500mg (11/05)
1x SDG Flax Lignan - 70mg SDG (11/05)
1x Resveratrol - 35mg (06/05)
1x DIM - 100mg (11/05)
1x CGF – 225mg (12/05)
1x Hyaluronic Acid (12/05)
2x Spirulina – 500mg (02/06)
2x Chlorella (01/06)

During the Day:

2x glass of white tea (03/05)
1x Protein shake (03/05)
1x Propecia (02/05)
Veggie Diet (01/05)
Juicing (04/06)

Shampoo/Conditioner:

ADVANCE(ril) Hair Shampoo (Emu) (11/05)
+ Nizoral (02/05)
+ Shale Shampoo (Morroco Method) (02/06)
+ Micerllin Green (Elsom Research) (04/06)
+ ACV Shampoo (Morocco Method) (12/05)
ADVANCE(ril) Hair Conditioner (Emu) (11/05)

Topical:

ACV/Cayenne Rinse in shower (12/05)
Tricomin/Folligen spray (Copper peptides) (04/05)
Emu oil (12/05)
ZomaZor (02/06)

Soap:

Dr Bronner's Soaps (11/05)

Dental:

Jason Powersmile Whitening Toothpaste (03/06)

Deoderant:

Aubrey Organics (Rosemary) (10/05)
Aubrey Organics (Yams) (10/05)

Facial Lotion:

Derma-E w/ Hyaluric Acid
Aubrey Organics Blue Algae

Water filter for shower (11/05) - Filters Chlorine and Fluoride

Why all of this? To detoxify my body and maintain/regrow hair. Organic is key.

da zieht sogar tino den hut
