

Recommended Daily Dosage (Foods, Supplements) for Ingredients in HB-5

Recommended amounts are as follows; note: “mg” is milligrams and “mcg” is micrograms:

For Thyroid:

- ▶ **Kelp:** recommended amount of iodine is 225 mcg/day (1a). Thus the maximum amount of kelp is however much provides 225 mcg of iodine per day. "For an under-active thyroid, it is recommended that a person take a maximum of 600 mg supplemental kelp daily. (1b)
- ▶ **Minerals:**
 - **Zinc and copper** should be in a proper balance of "2 mg of copper ...for every 15 mg of zinc" (2) but do not exceed the daily maximal intake limit of 45 mg of zinc per day." (2) I take 30 mg zinc and 4 mg copper daily, which meets that balance requirement.
 - **Selenium:** the safe upper limit is 400 mcg/day; recommended supplemental dose for adults and children 14 and up is 55 mg/day." [this does not include selenium you get from food] (4a) Another source (4b) recommends for:
 - Adult and teenage males: 40 to 70 mcg per day.
 - Adult and teenage females: 45 to 55 mcg per day.
 - **Magnesium:** Maximum daily dose (diet and supplement combined (5)):
 - Adult females: 310 mg/day (age 19-30) - 320 mg/day (age 31 and over)
 - Adult males: 400 mg/ day (age 19-30) - 420 mg/day (age 31 and over)

For Cortisol:

- ▶ **Rhodiola rosea:** Recommended dosage is 200 mg, twice daily (WebMD (6))
- ▶ **Red Ginseng:** Recommended amount varies depending upon the issue;
 - ▶ 200 mg orally once/day for diabetes (7a).
 - ▶ "two 400-500 mg capsules two to three times daily" of panax ginseng for lowering cortisol levels (7b).
 - ▶ NOTE: panax ginseng, when root is older, is called red ginseng.
- ▶ **Vitamin B12:** 2.4 mcg for people over 14 (Healthline (8))
- ▶ **Bladderwrack:** Recommended dosage has not yet be determined according to WebMD (9); it varies depending on health issue, and more research is needed.

For Estrogen:

- ▶ **DIM** (Diindolylmethane; from broccoli and cauliflower); no recommended dosage has yet been established; however, "a study in 24 healthy people found that ... doses of up to 200 mg were well tolerated and didn't cause side effects" (Try iherb MBM-00612: 100 mg DIM/cap; or iherb ALG-74140: 75 mg/cap)

For Insulin:

- ▶ **Cinnamon:** There are two types:
 - Ceylon: 6 g/day (1 tsp) is recommended dosage (11c)
 - Cassia: 1 - 6 g/day is recommended dosage (11a); taking the lower amount of 1g/day had best outcome (11b). Take less than 1 tsp (6 g) to avoid liver damage (11c)
- ▶ **Cassia vs Ceylon cinnamon:** Ceylon is recommended because it has low levels of coumarin, which is toxic especially to the liver. (11c) "Cassia contains approximately 1% coumarin, while Ceylon contains only 0.004%, or 250 times less - so low, it's often undetectable."(11)

For Leptin:

- ▶ **African mango seed extract:** Most common dosage regimens consist of 150 mg of African mango extract twice a day with food (12) [Cat's note: I believe this is the seed extract, rather than the fruit.]
- ▶ If I want to take it individually, I would try: Paradise Herbs African mango seed extract (iHerb PAR-77841) (no stearate nor other ingredients); \$10 for 60 caps (30 days).

References

1. Kelp dosage:
 - a. leaf.tv/6682119/the-dosage-of-kelp-for-thyroid-function/
 - b. healthyy.net/superfoods/what-is-ideal-dosage-of-kelp-supplements
2. Zinc and Copper dosage:
 - a. livestrong.com/article/511087-how-to-take-copper-with-zinc/
 - b. westonaprice.org/health-topics/modern-diseases/copper-zinc-imbalance-unrecognized-consequence-of-plant-based-diets-and-a-contributor-to-chronic-fatigue/; ref 1: Gittleman, Ann Louise, MS, CNS, Why Am I Always So Tired? Harper, San Francisco, 1999
3. Iron dosage: healthline.com/nutrition/how-much-iron-per-day#recommendations
4. Selenium dosage:
 - a. webmd.com/a-to-z-guides/supplement-guide-selenium
 - b. mayoclinic.org/drugs-supplements/selenium-supplement-oral-route/proper-use/drg-20063649
3. Magnesium dosage: webmd.com/diet/supplement-guide-magnesium#1
4. Rhodiola rose dosage: webmd.com/diet/health-benefits-rhodiola#1
5. Red Ginseng dosage:
 - a. rxlist.com/consumer_panax_ginseng_ginseng_root/drugs-condition.htm
 - b. naturalstacks.com/blogs/news/lower-cortisol
3. Vitamin B-12: healthline.com/nutrition/vitamin-b12-dosage#suggested-dosages
4. Bladderwrack: webmd.com/diet/health-benefits-bladderwrack#1 and webmd.com/diet/health-benefits-bladderwrack#2
5. DIM: healthline.com/nutrition/dim-supplement#dosage
6. Cinnamon:
 - a. livestrong.com/article/401637-cinnamon-dosage-for-diabetes/
 - b. diabetestalk.net/blood-sugar/how-much-cinnamon-per-day-for-diabetes
 - c. cinnamonfood.com/cinnamon-dosage/
4. African mango seed: drugs.com/npp/african-mango.html