

The safe supplement list for cancer patients on treatment

1. **Basic multivitamin or mineral** with no extra herbs or plant extracts: as directed on container
Good brands: Solal, DS 24, Pharmaton, Solgar V2000, The Real Thing Barley Green Powder
2. **Omega-3 oil:** 2000-4000mg daily from Salmon or Neptune Krill oil (no Omega 6 or 9!). Good brands: The Real Thing Omega 3, Solal, Solgar, Natrodale, Amipro
3. **Buffered Vitamin C or Ester C:** 1000mg daily. Good brands: Betaway, Amipro/Metagenics, Solal, Solgar, The Real Thing Ester C
4. **Zinplex (Zinc and Selenium= antioxidants):** 1 tablet daily
5. **High Potency Vitamin B formula:** as directed on container.
Good brands: Natrodale, Biogen, Solal, Solgar.
Or regular Vitamin B Cocktail (with BComplex and extra Vitamin B12) Injections
6. **Coenzyme Q10 (Antioxidant):** 100mg daily. Good brands: Amipro, Biogen, Solal, Solgar, Bioter Health
7. **Calcium and Vitamin D:** as directed on container. Good brands: Menaka1.7, Solal, Solgar
8. **Probiotics:** when indicated for gut health problems, as directed on container. Good brands: The Real Thing, Amipro, Gastrochoice, Probiflora 9 strain. Remember to keep in fridge.

Unsafe supplements while on cancer treatment:

- All Plant or herbal extracts, even though it's natural
- Exceeding the recommended dose in this list or on container for example high dose antioxidants