

It is absolutely necessary to have a convenient "pill holder", so that you do not have to open and close ten different pill bottles every day ! Ideally, this would be a 31-day, (monthly), holder, but I have been able to find only a 28-compartment holder. You have to alter it by "inscribing" the dates from 1 to 28 on each compartment, using a lot of pressure on a ballpoint pen. It takes just a few minutes each month to "load" with pills. It's convenient to use each day's dated compartment, preventing forgetting.

Note: Unless they are "coated", even Betaine/TMG tablets absorb water from the air and get messy. Uncoated Betaine/TMG must be stored and handled separately, each day, not in the "pill holder".

The "pill holder" is made by:  
**Apothecary Products, Inc.**,  
 Minneapolis, MN 55337.  
**Email - [Pillminder@aol.com](mailto:Pillminder@aol.com)**  
 Stock number 67165.

I found this line of "pill holders" at:  
**Kroger's** and at **Wal-Mart**.  
**It is Stock #67165, (~ \$5.00)**,  
 which is the large size needed, and much more convenient than other large holders they make.  
**ACCEPT NO OTHER STOCK NUMBER !**  
**ONLY STOCK NUMBER 67165 !**  
 It is called the **EZY DOSE, ONE-DAY-AT-A-TIME, WEEKLY ORGANIZER TRAY**,  
 (with 28 compartments).

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**Note: Author states that Folic Acid, Betaine/TMG, Choline, and sublingual, (under-the-tongue), Vitamin B12, are fine on an empty stomach. I sometimes have these, (with Inositol), for breakfast, (with 16 oz. of water).**

In the **AFTERNOON**, I take one half, (1/2), tablet of *Nature's Way*, **IRON FREE** "Daily Two Multiple". The methylating ingredients of this one half tablet are as listed under "AFTERNOON", (shown below).

**Caution: This half tablet can choke you. Chew it into 3 or 4 pieces before swallowing it, with plenty of water.**

My regimen is as shown below: It follows the Example A Sample Program suggested by the author, (see next page).

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MORNING	AFTERNOON (take 1/2 tablet)	TOTAL per day (Compare to Example A, on next page)
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[I also take L-Carnitine and Acetyl-L-Carnitine, 500 mg each, daily] --- These are both better taken between meals and they absorb water from the air, so they should be kept in their original containers, rather than in the "pill holder".

Betaine/TMG -----750 or 1000 mg  
 Choline & Inositol ----- 250 mg of each  
 Fish (body) Oil ----- 1000 mg

**Vitamin E -----400 IU + 100 IU = 500 IU**  
 (mixed tocopherols) (alpha tocopherol only)

**Zinc ----- 30 mg + ~ 4 mg = 34 mg**

**Vitamin B6 ----- 25 mg + 25 mg = 50 mg**  
 (1/4 tablet of 100 mg)

**Selenium ----- 100mcg + 50 mcg = 150 mcg**  
 (as yeast form) (as L-selenomethionine)

**Folic Acid ----- 800 mcg + 100 mcg = 900 mcg**  
 (two 400 mcg tablets)

**Vitamin B12 ----- 500 mcg + 125 mcg = 625 mcg**  
 (Sublingual B12, 1/2 tablet of 1000 mcg, or 500 mcg tablet, if available, taken last, dissolved under the tongue. Since the sublingual is absorbed much better than the swallowed B12, only 500 mcg are needed.)