

**The information in the book, *Answers to Anorexia*, is neither intended nor implied to be a substitute for professional medical advice, diagnosis, or treatment. The Protocol detailed herein, and the nutritional supplements described in the Protocol, do not constitute my professional medical recommendation(s) and should not be construed as such.**

**The views and opinions expressed herein are entirely my own and are based on my extensive clinical experience.**

**Anorexia nervosa is a medical illness. Readers are strongly encouraged to seek the guidance of their doctor or other qualified health professional(s) with any questions they may have regarding their health or a medical condition, and to obtain a comprehensive physical evaluation from their physician before adding any nutritional supplements to their care regimens.**

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## **PROTOCOL FOR NUTRITIONAL SUPPLEMENTATION**

My experiences with thousands of patients have shown me that when the brain is properly nourished, symptoms of anorexia subside, and that well-nourished patients become more motivated to participate in their own recovery.

I have included a general protocol for nutritional supplementation because patients and concerned family members frequently ask me what I recommend. Most of the supplements listed are from Pure Encapsulations, a professional brand that maintains exacting standards for supplement purity and potency.

**The recommendations below are the exact supplement recommendations that I have made in my office for over two decades.**

### **The Protocol**

The protocol detailed below is a GENERAL guideline! Every person is biochemically unique, and what supplements and dosages are appropriate for you or your loved one will differ based on history and the results of medical evaluations.

Anorexia nervosa is a serious medical illness that can have life-threatening implications if left untreated. Every anorexia patient should have a complete medical evaluation prior to initiating any nutritional supplement protocol.

I recommend working with a health professional who is knowledgeable about nutrition. An ongoing program of supplementation should be implemented with professional supervision. **The chart below is a starting point only.**

## Daily Supplement Recommendations

Nutrient	Dose	Notes	Recommended Supplement Product / Manufacturer
Zinc Chelate	<p>Adults and Adolescents over the age of 16 years: 30 mg twice daily with meals</p> <p>Adolescents and Children under the age of 16 years: 15 mg twice daily with meals</p>	<p>After three months, decrease dose by half</p> <p>Zinc should be taken with a full meal to avoid stomach upset</p>	Zinc 30 (Pure Encapsulations®)
High EPA Fish Oil	2 to 4 caps per day with food	Generally recommended	EPA Ultimate 120's (Pure Encapsulations®)
Free-form Amino Acids	4 grams twice daily on an empty stomach	Generally recommended	Amino Replete (Pure Encapsulations®)
Active B-Complex	1 cap once or twice daily with food	Laboratory testing can uncover the need for higher doses of B12	B-Complex Plus (Pure Encapsulations®)
Thiamine Benfotiamine	2 caps per day with meals	To support cellular energy production	BenfoMax (Pure Encapsulations®)
Magnesium	120mg twice daily with food	Most important if deficiency symptoms present or for anxiety	Magnesium Glycinate (Pure Encapsulations®)

Plant-based Digestive Enzymes with Hydrochloric acid (HCl)	1 to 2 caps at the start of meals	For controlling digestive symptoms	Digestive Enzymes Ultra w/ Betaine (Pure Encapsulations®)
Probiotics 20-50 billion CFU	2 times daily with or without food, per the supplement manufacturer recommendations	For digestive support.	<ul style="list-style-type: none"> <li>• Probiotic G.I. 60's (Pure Encapsulations®)</li> <li>• Culturelle® probiotics</li> </ul>
Lithium	2 caps per day	For stabilizing mood, alleviating irritability, and supporting brain health	<ul style="list-style-type: none"> <li>• Lithium (orotate) —1 mg (Pure Encapsulations®) twice per day</li> </ul>
<p>Other Considerations: Vitamin D, iron, additional vitamin B12, and additional L-methylfolate are often found to be necessary to address outstanding nutritional deficiencies in patients with anorexia nervosa. Requirements and dosing parameters for additional micronutrients can be determined in consultation with a health professional, and should be based on the results of a comprehensive medical assessment that includes laboratory testing.</p>			

**These supplements can be found via James Greenblatt MD's online dispensary, *Fullscript*. Please follow the instructions below to get started.**

- Please visit: <https://us.fullscript.com/welcome/jgreenblatt1591132763>
- Enter your email and create an account.
- Click "Go to Catalog"
- Click on James Greenblatt's "Fullscript Account Favorites"
- Click on "Anorexia"

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