



Specific Dietary Supplements Included in the Bredesen Protocol

The Bredesen Protocol, particularly as implemented through the ReCODE program, emphasizes a comprehensive regimen of dietary supplements tailored to address various aspects of cognitive decline and Alzheimer's disease. The core supplements and frequently recommended add-ons include:

Core Supplements (ReCODE Protocol Core Kit):

- Daily Multivitamin: Provides essential vitamins and minerals to support cognitive performance.
- Daily Omega-3s: Supplies EPA and DHA, key fatty acids for brain health.
- Daily Antioxidants: A blend of nutrients to neutralize free radicals and nourish the brain.
- Daily Probiotics: Supports the gut-brain connection and balances the microbiome.
- Morning Balance Powder: Contains exogenous ketones for energy, dietary fiber, probiotics, and nutrients for vascular and cognitive support.
- Evening Balance Powder: Includes ingredients to reduce stress, promote sleep, and support cognition and memory ^[1] ^[2].

Additional and Subtype-Specific Supplements:

- Curcumin
- Gotu kola
- Bacopa monnieri
- Ashwagandha
- Ubiquinol (CoQ10)
- PQQ (Pyrroloquinoline quinone)
- Resveratrol
- Choline
- Vitamin D3 & K2 (MK7)
- Mixed tocopherols and tocotrienols (forms of Vitamin E)
- Magnesium threonate
- Nicotinamide riboside
- Liposomal glutathione
- Probiotics and prebiotics
- Methylcobalamin (B12), methylfolate, P5P (B6)
- Alpha lipoic acid (ALA)

- N-acetyl cysteine (NAC)
- Cinnamon
- Berberine
- Zinc picolinate
- SAM-e (S-adenosylmethionine)
- Huperzine A
- Acetyl-L-carnitine (ALCAR)
- Whole coffee fruit extract
- Lion's mane mushroom (*Hericium erinaceus*)
- Rhodiola
- Shankhpashpi (skullcap)
- Triphala
- Melatonin, tryptophan, and other sleep-supporting botanicals^{[3] [4]}.

Personalization:

The protocol often personalizes supplement recommendations based on individual lab results and cognitive subtype (e.g., inflammatory, glycotoxic, atrophic, toxic, vascular, traumatic)^{[5] [6]}.

Summary Table

Supplement Category	Example Ingredients
Multivitamin	Essential vitamins and minerals
Omega-3s	EPA, DHA
Antioxidants	Curcumin, resveratrol, vitamin E forms
Probiotics/Prebiotics	Various strains for gut-brain support
Herbal/Nutraceuticals	Bacopa, ashwagandha, gotu kola, PQQ, ubiquinol
Brain-Specific Nutrients	Choline, magnesium threonate, nicotinamide riboside
Sleep/Stress Support	Melatonin, tryptophan, skullcap, evening blend
Detoxification Support	Glutathione, berberine, cinnamon

The protocol is designed to be comprehensive and is often adjusted according to individual needs, but the above supplements form the core and frequently used options within the Bredesen/ReCODE approach^{[1] [2] [4]}.

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1. <https://www.apollohealthco.com/practitioners/life-seasons-supplements/>
2. <https://store.iprogressivemed.com/product/recode-protocol-core-kit-by-lifeseasons/>
3. <https://www.rejuvenation-science.com/topics/bredesen-protocol>
4. <https://www.rejuvenation-science.com/bredesen-protocol-analysis>

5. <https://www.biospace.com/lifeseasons-and-dr-dale-bredesen-announce-new-products-to-support-the-treatment-of-alzheimer-s-disease-and-cognitive-decline>
6. <https://www.livingholistichealth.com/natural-medicine-news/holistic-dementia-treatment-foundations-of-dr-bredesen>