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## FAX COVER SHEET

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To: [REDACTED] / Jeffrey Epstein \_\_\_\_\_

From: Lisa \_\_\_\_\_

Company: \_\_\_\_\_

Company: Woodson Merrell MD PLLC

Fax: [REDACTED] \_\_\_\_\_

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Date: 9/18/2018

Pages w/cover: 2

Subject:

9-17-18 Supplement instructions

Comments:

**WOODSON C. MERRELL, [REDACTED], PLLC**  
**44 EAST 67<sup>th</sup> STREET**  
**NEW YORK, NEW YORK 10065**

Telephone: [REDACTED]

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Date: September 17, 2018 (TC with Lesley)

Patient: Jeffrey Epstein (Email: [REDACTED] [jeevacation@gmail.com](mailto:jeevacation@gmail.com))

The supplements I called in to VitaHealth Apothecary (see below) are:  
(Note that the 5<sup>th</sup> one was not on the original instructions.)

1. Since you are missing two folic acid methylating enzymes (MTHFR) use the pre-methylated form of folic acid. One brand I like is Folapro by Metagenics one daily
2. Try for energy mitochondrial substrate NAD: Niacel by Thorne is one great brand, one 250 mg capsule daily
3. To help blood vessels use MitoQ form of CoQ10, one 10mg capsule daily. An excellent recent article on this is:  
<https://www.sciencedaily.com/releases/2018/04/180419141523.htm>
4. Use magnesium citrate two 200 mg tablets (Solgar is the brand I use) daily
5. For sleep and jet lag try at bedtime Kavinace Ultra PM: 1 capsule at bedtime (contains melatonin but also other nutrients that can help sleep)

Get supplements from:

**VitaHealth**

1235 1st Avenues  
(Between 66<sup>th</sup> & 67<sup>th</sup> Street)  
New York, NY 10065

[REDACTED]  
Pharmacist: David Restrepo