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Date: March 8, 2010

Patient: Jeffrey Epstein (Email: [REDACTED])

- Check in with your parathyroid specialist for routine follow up; we will send you a copy of this (and all) labs. Your numbers are, PTH 68.9 (normal less than 65) and calcium 10.4 (normal less than 10.2)
- Increase niaspan 750mg to 1, twice per day and recheck cholesterol and triglycerides in 1 month
- Be very careful of refined carbohydrates, due to high normal hemoglobin A1C
- Your uric acid is slightly elevated; this comes mainly from animal proteins
- Follow up with urologist for blood in the urine, for probably cystoscopy; especially with family history of bladder tumors
- Due to elevated homocysteine, take B12; 1000mcg sublingually (under the tongue), 1 per day
- Because of high homocysteine and absence of both MTHFR C6 folic acid enzymes, begin (folinic acid form of folic acid) FolaPro by Metagenics; 1 per day
- Avoid extra vitamin D intake due to normal level (42) and high calcium
- I don't believe I mentioned it today; heavy metals (mercury, lead, and arsenic) are all normal
- Everything else is normal except pending estradiol and testosterone ; they should be back Wednesday or Thursday this week
- Do you want copies of your final lab reports?
- Follow up in 1 month to recheck cholesterol, triglycerides, uric acid, urine (cytology), hemoglobin A1C , and muscle enzyme (CK)
- We can send you faxed or PDF of blood requisition to do these (fasting – nothing to eat or drink except water past midnight) blood tests in Florida
- Follow up with me one week after doing above blood tests; telephone or in person

All supplements are available at
Willner Chemists
100 Park Avenue
NYC, NY 10017

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