

## **CHF/Cardiomyopathy: Complementary/Alternative Medicine**

Vitamin D3	1,000-4,000 iu/d
Vitamin E	800-3,000 iu/d
Vitamin C	To bowel tolerance
Lecithin	3-5 tbsp/d (contains Linoleic acid)
Ca++	500 mg tid
Mg++	250 mg tid
CoQ10	100-400 mg/d