

# Dr. Mark Gordon Inspired Anti-inflammatory and Performance Optimizing Supplement Stack

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# 1 Introduction

Recently on the Joe Rogan Experience (JRE) podcast, Dr. Mark Gordon attended as a guest along with Andrew Marr. They discussed the findings of their research on mitigating and reversing chronic pathology induced by Traumatic Brain Injuries (TBI) in humans.

Interestingly, the scope of the application of their findings went beyond that of TBI. Since inflammation was found to be at the root of the TBI related pathology, their research incidentally applies to anybody else suffering of chronic inflammation.

As it turns out, almost every modern chronic illness is associated to inflammation, and can manifest in ways which are still not very well understood. For example, in the brain, inflammation may symptomatically manifest as depression, anxiety, insomnia, brain fog and fatigue. Physiologically, it is associated to issues such as diabetes, cardiovascular issues, asthma and allergies.

In this document, a list of vitamins and supplements will be listed and described in detail according to the information shared on the podcast and the reference sheet they provide on their website. I am by no means a clinical expert, this is merely to serve my desire to have a practical compilation of the information shared during the interview. And, to hopefully be of service to anybody else who might be interested.

**NONE** of this information is mine. Unless otherwise noted, all of this information directly cites the JRE interview #1589 with Dr. Mark Gordon and Andrew Marr. Also, none of this is professional medical advice (dosing, frequency and substance alike). I have simply transcribed Dr. Gordon's recommendations directly.

## 2 Supplements

### 2.1 Synergistic Combinations

**Zinc + Quercetin** Zinc and quercetin both act in the body to reduce inflammation (more on this later). The synergistic nature of the combination is derived from the ionophoric (ion-carrying) properties of quercetin which

greatly aids in zinc's entry into cells.

**Dehydroepiandrosterone + Pregnenolone** These two endogenous steroids work together in the optimal production and usage of steroid hormones such as testosterone.

**Vitamin E (tocopherols) + N-Acetylcysteine** Vitamin E ( $\alpha$ -,  $\Delta$ - and  $\gamma$ -tocopherols) and N-Acetylcysteine work together to reduce NF- $\kappa$ B (thus lowering the production of inflammatory cytokines).

## 2.2 Zinc

### Biological effects

- Reduces inflammatory cytokines
- Inhibits (RNA Polymerase)
  - Greatly reduces incidence of colds and flus
  - Improves allergy symptomology

**Dose** 15-30mg twice per day.

## 2.3 Quercetin

### Biological effects

- Reduces inflammatory cytokines
- Increases the number of mitochondria in cells

**Dose** 500mg twice per day.

## 2.4 Vitamin D3

### Biological effects

- Stimulates the immune system

- Over 85% of hospitalized COVID-19 patients in the ICU were vitamin D deficient (v.s. 57.1% for floor patients).
- Replenishes vitamin D deficiency
  - Most people are deficient in vitamin D. The exact contributing factors are still up for debate.

**Dose** 10'000-20'000 IU per day <sup>1 2</sup>

## 2.5 Dehydroepiandrosterone (DHEA)

### Biological effects

- Reduces inflammation.
- Reduction in heart attack deaths.
- Upregulates components of the immune system.
- Increases Dihydrotestosterone's (DHT) entry into cells.
  - Favors sugar absorption in myocytes (muscle cells).
  - Optimizes muscle growth.
  - Increases glycogen storage in muscle tissue.
  - Responsible for cognitive effects of testosterone.

**Dose** 25mg per day before bed. <sup>3</sup>

## 2.6 Pregnenolone

### Biological effects

- Acts as the precursor to all progesterone and androgen hormones in the body (one step after cholesterol)

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<sup>1</sup>Dr. Gordon has admitted to taking a booster 50'000 IU dose once per week.

<sup>2</sup>The risks of high dosing of vitamin D3 are attributed to the increase in calcium absorption which could lead to hypercalcemia if there is too much in the diet.

<sup>3</sup>DHEA induces a rise in growth hormone (GH) by up to 15%, so timing it with the circadian rhythm has additional benefits.

- Testosterone
- DHT
- Progesterone
- etc.

**Dose** 100mg per day with a meal. <sup>4</sup>

## 2.7 Vitamin C (Ascorbyl Palmitate)

### Biological effects

- Carries vitamin C into the body more effectively than ascorbic acid alone.
- Stimulates collagen under the skin.
- Regenerates glutathione in the brain
  - Glutathione is one of the key anti-oxidants and anti-inflammatory agents in the brain.

**Dose** 500mg twice per day.

## 2.8 Fish Oil

### Biological effects

- Reduces inflammatory cytokines.
- Upregulates survivin and protectin proteins.
- Delivers DHA + EPA to the body
  - DHA plays a more central role in the brain and heart

**Dose** 10'000-20'000mg per day. <sup>5</sup>

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<sup>4</sup>Pregnenolone is fat soluble so a meal that is rich in fat is preferable.

<sup>5</sup>Dr. Gordon warned that reaching this dose requires some tapering up to avoid sudden bowel movements.

## 2.9 Vitamin E (tocopherols)

### Biological effects <sup>6</sup>

- Reduces inflammatory cytokines
  - Downregulates the production of the transcriptional factor NF- $\kappa$ B
- Reduces oxidative stress in the body

**Dose** Not specified.

## 3 Dietary Supplements

### 3.1 Green Tea

Green tea contains an ionophore known as Epigallocatechin gallate (EGCG). It would support the entry of ions such as zinc into cellular cytoplasm.

### 3.2 Tumeric

Tumeric contains the well known curcumin, which is also an ionophore. It would support the entry of ions such as zinc into cellular cytoplasm. Curcumin also possess anti-inflammatory properties via inhibition of COX-2 enzymes.

## 4 Acknowledgements

None of this would be possible without Dr. Mark Gordon and his team's research and generous sharing of information. Another thanks to Joe Rogan for hosting his podcast and giving interesting people the chance to share new and otherwise non-mainstream ideas and information.

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<sup>6</sup>Dr. Gordon put emphasis on the tocopherol type Vitamin E molecules