

# Cantron: Complementary Supplements & Avoid List

Compiled by Jerome Godin and Captain Cantron (AI Assistant)

## Why an Avoid List Exists

For many years, people using Cantron were handed a long “Avoid List” based on a chemist’s theory about ATP. That list, later reprinted in books like *Outsmart Your Cancer*, made it seem as though almost every vitamin, herb, or therapy had to be avoided.

That was never what chemist James Sheridan intended.

Sheridan himself only gave a few cautions in his writings and conversations:

- Avoid **megadoses** of Vitamin C and Vitamin E.
- Do not use CoQ10 or Selenium (based on the science available to him at the time).
- Most importantly, avoid white sugar, glucose, and refined carbohydrates, because they directly “feed” unhealthy cells.

Sheridan **never meant that all nutrients involved in ATP should be avoided**. His concern was very specific: don’t overload the system with sugar or a few select substances that could interfere with Cantron’s unique mechanism.

Today, with modern science and decades of real-world experience, we can say with confidence:

- Most items on the old Avoid List are safe in normal amounts.
- Only a few items are truly incompatible with Cantron.
- Some items once thought to be harmful — such as CoQ10 and Selenium — are now recognized as supportive in moderation.

Examples:

- CoQ10 was once listed as “do not use.” But customer experience — including guidance from Andy Johnson of the HOPE Group — has shown that CoQ10 in small amounts does not interfere and may be supportive.
- Selenium was also once prohibited, but later research (Josephine Ford Cancer Research Center) demonstrated it does not interfere, making moderate amounts safe.

## PROCEED WITH CAUTION REGARDING NON-LISTED HERBAL AND NUTRACEUTICAL FORMULATIONS

While only a limited number of items are incompatible with Cantron, there is no way to create a list of every single substance they may augment or conflict with

the bio-electrical nature of Cantron. There are thousands of herbs and supplements. We simply cannot study the chemistry of all these substances let alone list all of them.

### **Utilize an Abundance of Caution**

If you are facing a very serious health challenge, as a matter of caution it is advised to only take herbs or supplements that are listed in **the complementary supplement table** below or the '**Cantron Total Wellness Program**' ([cantron.com/cantron-total-wellness-program/](http://cantron.com/cantron-total-wellness-program/)). In this way you could avoid a potential conflict that might prevent your health recovery.

### **What is the Cantron Total Wellness Program?**

It is a comprehensive program that includes several synergistic and complementary nutraceuticals. At the present time we can acknowledge that the following items are part of the program and may be taken along with Cantron to combat serious health challenges. Note: We do not carry all items on the list. We do carry the items that are bolded.

- **Cantron (Liquid or Capsules)**
- **Lapacho** (Pau D'Arco)
- **Aveloz**
- **Megazyme Forte**
- **Dr. Willard's Water**
- **Green Tea**
- **Methylene Blue**
- **Shark Liver Oil**
- **Colostrum**
- Germaniun-132
- Paw Paw/ Graviola
- Antiparasitics (Ivermectin, Fenbendazole, Mebendazole, Artemisinin (Wormwood), Quinine, Quinine Bark)
- **Milk Thistle**
- **Dandelion Root**
- B17 (Laetrile, Amygdalin, Apricot Kernels)
- **OPC**
- **G-H3**
- Hydrazine Sulfate

### Prohibited Items (Do Not Take with Cantron)

Item	Mechanism / Concern	Comment
<b>White sugar, glucose, refined carbs</b>	Direct glycolysis fuel → drives ATP	Sheridan's original caution. Use Stevia or Monk Fruit instead.
<b>Cat's Claw</b>	Strong immunomodulatory herb	Anecdotal reports of interference; prohibited.
<b>Essiac Tea</b>	Multi-herb antioxidant formula	Consistent reports of interference with Cantron.
<b>Hoxsey Therapy</b>	Strong herbal formula, highly antioxidant	Potential conflict with Cantron's mechanism.
<b>Poly-MVA</b>	Formulated to increase mitochondrial ATP	Direct mechanistic opposition to Cantron.
<b>LifeOne</b>	Potent metabolic formula	Anecdotal reports of interference.
<b>DCA (dichloroacetate)</b>	Forces oxidative phosphorylation, increases ATP	Modern evidence suggests conflict.
<b>D-Ribose</b>	Simple sugar, directly fuels ATP	Same principle as glucose — avoid.
<b>Flaxseed + Cottage Cheese (Budwig Protocol)</b>	Enhances FA metabolism, raises energy	Field experience shows interference.

### Caution Items (Safe in moderation; avoid megadoses / timing important)

Item	Safe Limit	Timing Guidance	Comment
<b>Vitamin C</b>	≤ 500 mg/day	—	Sheridan allowed normal amounts; megadoses interfere.
<b>Vitamin E</b>	≤ 400 IU/day	—	Sheridan allowed normal amounts; megadoses interfere.
<b>Selenium</b>	≤ 200 mcg/day	—	Safe in moderation (Josephine Ford study).
<b>CoQ10</b>	≤ 100 mg/day	—	Field experience incl. Andy Johnson of HOPE Group shows safe/supportive in moderation.
<b>NAC (N-Acetyl-Cysteine)</b>	600–1200 mg/day	—	Avoid pharmacological megadoses.
<b>L-Cysteine</b>	Modest doses	—	Safe at low levels; avoid excess.
<b>Alpha Lipoic Acid (ALA)</b>	300–600 mg/day	—	Caution at higher doses; normal amounts fine.
<b>Ginsengs (all types)</b>	Low doses	—	Avoid tonic megadoses.
<b>Rhodiola / Rosea</b>	Low doses	—	Avoid stimulant doses.
<b>L-Carnitine</b>	Normal supplemental ranges	—	Avoid very high athletic doses.
<b>Creatine</b>	Normal supplemental ranges	—	Avoid high stacked dosing.
<b>Taurine</b>	Normal supplemental ranges	—	Safe in modest amounts.
<b>Glutamine</b>	Normal supplemental ranges	—	Avoid extreme megadoses.
<b>Resveratrol</b>	Dietary amounts	—	Avoid concentrated gram doses.
<b>Fish Oil</b>	≤ 2–3 g/day	—	Safe at this level; avoid high dosing.

<b>Iodine</b>	Nutritional amounts	—	Avoid megadoses.
<b>MSM</b>	Nutritional amounts	—	Safe in modest amounts.
<b>Homeopathies</b>	—	—	No biochemical conflict, but unnecessary.
<b>Zeolite</b>	—	Separate ≥ 2–3 hrs	Can bind Cantron in gut if taken together.
<b>Ozone</b>	—	Separate ≥ 30–60 min	Short-lived oxidizer; don't overlap dosing.
<b>Rife frequencies</b>	—	Separate ≥ 30–60 min	Energetic effect fades quickly.
<b>714X</b>	—	Separate ≥ 30–60 min	Short-lived; don't overlap.
<b>Cesium therapy</b>	—	Separate ≥ 30–60 min	Alters ionic terrain; space out from Cantron.
<b>Antineoplastons</b>	—	Separate ≥ 30–60 min	Distinct therapy; best not overlapped.
<b>Burdock Root (alone)</b>	—	—	Present in Essiac; alone may be safe, but use cautiously.

### Compatible & Supportive (Safe, often helpful)

Item	Role	Comment
<b>Methylene Blue</b>	Redox ally	Supports Cantron's voltage-balancing mechanism.
<b>G-H3 (Gerovital)</b>	Circulation, vitality	Long compatible history.
<b>Paw Paw (Asimina triloba)</b>	Botanical ally	Included in Cantron patents.
<b>Graviola (Annona muricata)</b>	Botanical ally	Included in Cantron patents.
<b>Green Tea &amp; Green Tea Extract</b>	Antioxidant ally	Explicitly patented with Cantron.
<b>Papaya Leaf</b>	Botanical ally	Supportive terrain herb; no conflict.
<b>Antiparasitics (Ivermectin, Mebendazole, Fenbendazole, Artemisinin/Wormwood) Quinine (Quinine Bark)</b>	Terrain allies	No conflict; often used as supportive adjuncts.
<b>Any type of enzymes</b>	Digestive/systemic support	Longstanding part of programs.
<b>Reishi Mushrooms</b>	Immune support	Supportive.
<b>AHCC</b>	Mushroom extract	Immune supportive.
<b>Willard's Water (clear)</b>	Detox support	Compatible.
<b>Primrose Oil</b>	Fatty acid support	Safe & supportive.
<b>Shark Liver Oil</b>	Immune support	Supportive.
<b>Ellagic Acid / Ellagitannins</b>	Antioxidant ally	Supportive.
<b>Borage Seed Oil</b>	Fatty acid support	Safe & supportive.
<b>B-Vitamins</b>	Nutritional allies	Supportive.
<b>Low-Dose Naltrexone (LDN)</b>	Immune modulation	Supportive in practice.
<b>DIM (Diindolylmethane)</b>	Hormone support	Supportive.
<b>Milk Thistle</b>	Liver support	Safe ally.
<b>Vitamin D3</b>	Nutritional support	Supportive.
<b>Laetrile / B17 (amygdalin)</b>	Terrain support	Safe ally.
<b>Coral Calcium (without C)</b>	Mineral support	Safe ally.

<b>Hydrazine Sulfate</b>	Terrain agent	Supportive
<b>Larch (arabinogalactan)</b>	Immune support	Safe ally.
<b>Potassium</b>	Mineral support	Supportive.
<b>Germanium-132</b>	Redox ally	Safe ally.
<b>Colostrum</b>	Immune support	Supportive.
<b>Probiotics</b>	Gut support	Safe ally.
<b>Indole-3-Carbinol (I3C)</b>	Hormone support	Supportive.
<b>Turmeric / Curcumin</b>	Anti-inflammatory	Safe allies.
<b>Calcium</b>	Mineral support	Safe ally.
<b>Saw Palmetto</b>	Prostate support	Supportive.
<b>Magnesium</b>	Mineral support	Supportive.
<b>Natural Progesterone</b>	Hormone support	Safe ally.
<b>Non-Listed Vitamins, Minerals, Amino Acids, and Flavonoids</b>	Nutritional Support	No conflict.
<b>Ginko Biloba (Quercetin)</b>	Microcirculation	Safe ally.
<b>Fruit, Berry, and Vegetables Extracts</b>	Phytochemicals, Flavonoids	Safe ally.
<b>OPC</b>	Antioxidant, Circulation	Safe ally.

We will be adding to the list constantly. If you have questions about any substance not on the list, contact our office.