

How do I get off of Accutane?

Be very careful with this drug as it causes long term issues with your digestion and immune system. I do not recommend taking Accutane for any reason. I suggest that you take a formula containing the following:

- Calcium D-glucarate 150 mg
- Curcumin 50 mg
- Indole-3-carbinol 150 mg
- Di-indolylmethane (DIM) 50 mg
- Green tea extract 100 mg

You should start taking the above doses daily with food and see if this stops the acne. If need be, you can double the dose. It will take 60 days, or two full menstrual cycles, to put your acne into remission once you find the right dose. I would also suggest following my other supplement and lifestyle suggestions for [acne](#).