important: 100mcg of K2 per 10,000 IU D3 or 250 mcg D3
Do not take doses of D3 over 10,000 IU without taking K2.
D3: 1000 IU = 25 mcg or 400 IU = 10mcg or 40 IU = 1mcg or 1 IU = .025mcg
https://www.vitamentor.com/convert-iu-to-mg-or-mcg-with-our-easy-calculators-for-vitamins-a-d-and-e/
D3 optimal dose = 30,000 IU or 750 mcg per day
D3 optimal blood level d3 = 100-140 ng/ml
mcg = microgram
mg = milligram
D is fat soluble, thus you should eat some fat with it.

The Mixture - by Dose */ updated 01 Jan 21 / every day with food.*
D3 - 750mcg (30,000 IU)
C (Ascorbic Acid) - 750mg
Quercetin Dihydrate - 500mg
K2 (MK 4) - 300mcg
Zinc - 50mg
Magnesium - 200mg
B8 - 500mg
B2 - 300mg
B12 - 5000mcg
When you urinate and it's bright neon yellow do not panic. That's going to happen.

Recommendations from Tiago Henriques.
Each below 4 times a day. I don't know why he stipulates 4 times a day as opposed to once a day.
Those marked with * are critical for D3 dosing:
DHA (fish oil) - 500 milligrams [2000mg/day]
Zinc - 5 milligrams [20mg/day]
Choline - 120 milligrams [480mg/day]
* **Magnesium** (chloride or glycinate) - 125-250 milligrams [500-1000mg/day]
take with food / magnesium chloride hexahydrate is most common
* **B2** - 50-100 milligrams [00-400mg/day]
B12 - 1000-5000 micrograms [4000-20000mcg/day]
B9 - 500 micrograms [2000mcg/day]
Chromium Picolinate - 150 micrograms [600mcg/day]
Selenium - 50-100 micrograms [200-400mcg/day]
Coenzyme Q10 (CoQ10) - 100 micrograms [100mcg/day]
CoQ10 is **only once a day** - with food
look for “ubiquinol” on the label, this is the active form

This process outlined in **High-dose Vitamin D Therapy**, pages 83, 86.

Herbensurina Tea
https://www.labdeiters.com/en/products/herbensurina-infusion/#toggle-id-1

1 microgram (µg) is equal to 1/1000 milligram (mg): 1 µg = (1/1000) mg = 0.001 mg

$$m_{(\mathrm{mg})} = m_{(\mu\mathrm{g})} / 1000$$

1 milligram (mg) is equal to 1000 micrograms (µg): 1 mg = 1000 µg

$$m_{(\mu\mathrm{g})} = m_{(\mathrm{mg})} \times 1000$$

Blood testing: When testing your D3 also test your calcium. That is the only way to know if you are approaching a harmful D3 level. Also read the first two books listed below for details on what you should test, how often, and how to interpret the results.

Sources:
The Optimal Dose by Judson Somerville, MD
How Not To Die With True High-Dose Vitamin D Therapy by Tiago Henriques
The Miraculous Results of Extremely High Doses of the Sunshine Hormone Vitamin D3 by Jeff T. Bowles (the most spammy of the books - it's safe to skip this one)

Giga-	One billion	1,000,000,000	10^{9}
Mega-	One million	1,000,000	10^{6}
Kilo-	One thousand	1,000	10^{3}
Hecta-	One hundred	100	10^{2}
Deca-	Ten	10	10^{1}
(none)	One	1	10^{0}
Deci-	One tenth	0.1	10^{-1}
Centi-	One hundredth	0.01	10^{-2}
Milli-	One thousandth	0.001	10^{-3}
Micro-	One millionth	0.000001	10^{-6}
Nano-	One billionth	0.000000001	10^{-9}