

### Sample Supplement Chart

Supplement Plan	Amount	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Before Breakfast</b>								
Acetyl-Glutathione	1-2 pills							
Resveratrol	1 lozenge							
Caprylic acid	2 pills							
Candisol	2 pills							
MicrobClear	1 pill							
<b>Breakfast</b>								
L-Glutamine OR GI Repair Powder	2 pills OR 1 scoop							
Omega 3	1-4 pills							
Vitamin D3	2 drops							
Multivitamin Complete	3 pills							
Curcumin Phytosome	2 pills							
Collagen	1-2 T							
Complete Enzymes	2 pills							
Betaine HCL & Pepsin	1-2 pills							
Humic Acid	1 pill							
<b>Before Lunch</b>								
Probiotic	1 pill							
<b>Lunch</b>								
Acetyl-Glutathione	1-2 pills							
Multivitamin Complete	3 pills							
Resveratrol	1 lozenge							
Complete Enzymes	2 pills							
Betaine HCL & Pepsin	1-2 pills							
Lauricidin	¼ tsp							
AdrenoMend	2 pills							
<b>Before Dinner</b>								
Probiotic	1 pill							
L-Glutamine	2 pills							
L-Lysine	1 pill							
Humic Acid	1 pill							
<b>Dinner</b>								
Omega 3	1-4 pills							
Curcumin Phytosome	2 pills							
Collagen	1-2 T							
Complete Enzymes	2 pills							

Betaine HCL & Pepsin	1-2 pills							
Lauricidin	¼ tsp							
<b>Before Bed</b>								
Caprylic acid	2 pills							
Candisol	2 pills							
MicrobClear	1 pill							