



DAILY SUPPLEMENT PROTOCOL

- Multivitamin - make sure that you choose a multivitamin/mineral blend and always take it with food
- Omega 3 Fish Oil - 360 mg of EPA and 240 mg DHA
- Vitamin C - 500-2000 mg a day taken any time of day
- Magnesium Glycinate 250 mg taken before bedtime
- Probiotic - 30 billion CFU's taken with dinner or before bedtime (try to get a blend of Bifidobacterium lactis; Bifidobacterium longum; Lactobacillus acidophilus; Lactobacillus plantarum)
- Vitamin D (with vitamin K2) - 5000iu
- Fiber, if necessary (take if you are not consuming 25 grams of fiber per day)

