

The "Empty Stomach" Window (4:30 AM)

- **Riluzole (50mg):** This is the most critical item. Taking it now ensures it is fully absorbed before you eat at 6:00 AM.
- **NAC (600mg):** Absorbs better on an empty stomach. However, it can cause mild nausea for some people. Try it here first; if you feel queasy, move it to breakfast.
- **HMB (1000mg):** If you do any stretching, physical therapy, or exercise in the morning, taking this now (60+ minutes before activity) is the optimal time to protect muscle tissue.

The "Breakfast" Window (6:00 AM)

- **Fat-Soluble Drivers (Must take with food):**
 - Vit D3 + K2
 - Lutein + Zeaxanthin
 - Fisetin 100mg
 - BodyBio PC (Phosphatidylcholine) – Manufacturer recommends taking with food for best tolerance.
- **Gut & Liver Support:**
 - TUDCA (500mg - Dose 1): Best taken with food to mimic natural bile release and aid digestion.
 - Sodium Butyrate (1 capsule): Tolerated better with food.
- **Energy & Nerves (Nausea prevention):**
 - Pure B-Complex Plus
 - Methyl B-12
 - Ginger Root (Will help settle stomach after the morning pills).

Afternoon / Mid-Day (Empty Stomach or Light Snack)

- **Riluzole (Dose 2):** Must be 12 hours apart from morning dose (approx 4:30 PM). Ensure you haven't eaten a heavy meal for ~2 hours prior, and wait 1 hour after taking it to eat dinner.
- **Taurine (1000mg):** Flexible timing.

Dinner (With Food)

- **Liver & Detox:**
 - TUDCA (500mg - Dose 2)
 - BodyBio PC (Dose 2)
 - Sodium Butyrate (Dose 2)
 - Liver Detox (Microingredients)
- **Circulation & Blood:**
 - Chelated Zinc (22mg) – **Always with food.**
 - Plant Sterols

Bedtime (30-60 mins before sleep)

- Magnesium L-Threonate & Glycinate
- Pharma GABA

