

OPTIMIZED SUPPLEMENT PROTOCOL

Scientific Timing & Absorption Schedule

THE CORE RULES

Category	Protocol
DAILY STACK (Do Not Cycle)	Vitamin D3, K2, Omega-3, Magnesium, Copper, Vitamin C. These are biological fuels. Consistency is required for effect.
CYCLING (Weekdays Only)	L-Theanine: Take Mon–Fri. Skip Sat–Sun. Prevents tolerance buildup; keeps receptors sensitive for focus.
SITUATIONAL (As Needed)	Elderberry: Take ONLY when sick/flu season. Do not take daily year-round (avoids chronic immune stimulation).
ZINC NOTE	Take Zinc Picolinate daily (since you take Copper). <i>Optional:</i> Skip Sundays to rest stomach lining.

DAILY SCHEDULE

Time	Activity	Supplements To Take	Rationale & Notes
07:00 AM	Breakfast (Must have Protein)	<ul style="list-style-type: none">• Zinc Picolinate• Vitamin C• L-Theanine (M-F)	Zinc: Taken AM to separate from Magnesium/Copper. Vit C: Clears morning cortisol. Theanine: Focus boost.
12:00 PM	Lunch	<i>None</i>	Digestive rest period.
05:30 PM	Workout	<i>None</i>	WARNING: No Vit C or Elderberry here. Antioxidants blunt muscle growth signals.
07:00 PM	Dinner (High Fat Meal)	<ul style="list-style-type: none">• Vitamin D3• Vitamin K2 (MK-7)• Omega-3 (Fish Oil)• Copper	D3/K2/Omega: Fat-soluble. Must be taken with heavy food for absorption. Copper: Taken PM to avoid fighting with Zinc.
10:00 PM	Bedtime (Empty Stomach)	<ul style="list-style-type: none">• Magnesium Glycinate	Relaxes muscles and CNS. Taking it alone ensures 100% absorption (no competition).

INTERACTION CHEAT SHEET

Interaction	Status	The Rule
Zinc vs. Copper	ENEMIES	They block each other. Split them (Zinc AM / Copper PM).
Zinc vs. Magnesium	ENEMIES	They compete for absorption. Split them (Zinc AM / Mag PM).
D3 + K2 + Omega-3	ALLIES	They require fat. Stack them at dinner.
Vit C + Workout	BAD TIMING	Kills the pump. Never take antioxidants post-workout.