

# OPTIMIZED SUPPLEMENT PROTOCOL

Scientific Timing & Absorption Schedule

## THE CORE RULES

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

## DAILY SCHEDULE

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

## INTERACTION CHEAT SHEET

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