

# My Supplement Profile: **GI TYPE**

Schedule	Supplements	Dose	Sequence #	Titration	Notes
Water (upon rising)	<b>MegaSpore Biotic</b>	<b>2 capsules</b>	<b>#3</b>	<i>Start with 1 a day &amp; increase to 2 wk 2</i>	<b>Start Day 3</b>
<b>BREAKFAST Time:</b>	<b>Plant Enzymes ProOmega - D Liquid MultiVit/Min.</b>	<b>1 capsule 1 softgel 2 TBL</b>	<b>#1 #4 #5</b>	<b>#1</b> <i>Start with 1 a day &amp; increase to 2 a day, then 3 a day</i>	<b>Start Day 1 Start Day 4 Start Day 5</b>
Water (mid morning)					
<b>LUNCH Time:</b>	<b>Plant Enzymes ProOmega - D</b>	<b>1 capsule 1 softgel</b>			
Water (mid afternoon)	<b>Gastro One Gut Health</b>	<b>1 Scoop mix in water</b>	<b>#2</b>		<b>Start Day 2</b> - Could try mixing in Aloe Vera juice or unsweetened Coconut Water
<b>DINNER Time:</b>	<b>Plant Enzymes</b>	<b>1 capsule</b>			
Water (at bedtime)					