

My Supplement Profile: **ENERGY TYPE**

Schedule	Supplements	Dose	Sequence #	Titration	Notes
Water (upon rising)	PROBIOTIC	1x a day	#4		Start on Day #4
BREAKFAST Time:	Sugar Balance Support Omega 3 + Vit. D Liquid MultiVitamin/Mineral	1 capsule 1 softgel 2 TBL	#1 #3 #5	#1 Start with 1x a day & work up to 3x a day over 3 days	Start on Day #1 Start on Day #3 Start on Day #5
Water (mid morning)					
LUNCH Time:	Sugar Balance Support Omega 3 + Vit. D Liver Support	1 capsule 1 softgel 1-3 capsule	#1 #3 #2	#2 Start with 1x a day & work up to 3x a day over 3 days	Start on Day #2
Water (mid afternoon)					
DINNER Time:	Sugar Balance Support	1 capsule	#1		
Water (at bedtime)					