

# My Supplement Profile: **GI TYPE**

Schedule	Supplements	Dose	Sequence #	Titration	Notes
Water (upon rising)	<b>Soil Based Probiotic</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</b> <b>Omega 3 + Vit. D</b> <b>Liquid MultiVit/Min.</b>	<b>1 capsule</b> <b>1 softgel</b> <b>2 TBL</b>	<b>#1</b> <b>#4</b> <b>#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</b> <b>Start Day 4</b> <b>Start Day 5</b>
Water (mid morning)					
<b>LUNCH Time:</b>	<b>Plant Enzymes</b> <b>Omega 3 + Vit. D</b>	<b>1 capsule</b> <b>1 softgel</b>			
Water (mid afternoon)	<b>Gut Healing Powder Formula</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)					