

# My Supplement Profile: **ENERGY TYPE**

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