

# My Supplement Profile: **HORMONE TYPE**

Schedule	Supplements	Dose	Sequence #	Titration	Notes
Water (upon rising)	<b>PROBIOTIC</b>	<b>1 capsule</b>	<b>#3</b>		<b>Start Day 3</b>
<b>BREAKFAST Time:</b>	<b>Adrenal Adaptogen ProOmega - D Liquid MultiVit/Min Liver Support</b>	<b>1 tablet 1 softgel 2 TBL  1 capsule</b>	<b>#1 #2 #4  #5</b>	<b>#1</b> Start with 1x a day then 2 then 3 across Days 1-3	<b>Start Day 1 Start Day 2 Start Day 4  Start Day 5</b>
Water (mid morning)					
<b>LUNCH Time:</b>	<b>Adrenal Adaptogen Omega 3 + Vit. D Liver Support</b>	<b>1 tablet 1 softgel 1 capsule</b>			
Water (mid afternoon)					
<b>DINNER Time:</b>	<b>Adrenal Adaptogen</b>	<b>1 tablet</b>			
Water (at bedtime)					