

My Supplement Profile: **GI TYPE**

Schedule	Supplements	Dose	Sequence #	Titration	Notes
Water (upon rising)	Soil Based Probiotic	2 capsules	#3	<i>Start with 1 a day & increase to 2 wk 2</i>	Start Day 3
BREAKFAST Time:	Plant Enzymes Omega 3 + Vit. D Liquid MultiVit/Min.	1 capsule 1 softgel 2 TBL	#1 #4 #5	#1 <i>Start with 1 a day & increase to 2 a day, then 3 a day</i>	Start Day 1 Start Day 4 Start Day 5
Water (mid morning)					
LUNCH Time:	Plant Enzymes Omega 3 + Vit. D	1 capsule 1 softgel			
Water (mid afternoon)	Gut Healing Powder Formula	1 Scoop mix in water	#2		Start Day 2 - Could try mixing in Aloe Vera juice or unsweetened Coconut Water
DINNER Time:	Plant Enzymes	1 capsule			
Water (at bedtime)					