

My Supplement Profile: **HORMONE TYPE**

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