

Magdy Supplement Usage Guide – Final

Prepared by Jenny on July 25, 2025

One A Day Men's 50+

Daily Dose:	1 tablet daily
Split Dosing:	Not necessary
Cycling Advice:	No cycling needed
Best Time to Take:	Morning, with breakfast
Purpose:	General health, vitamins & minerals
Notes:	Low magnesium (110 mg); not a replacement for full magnesium dose.

CoQ10 100 mg (Doctor's Best)

Daily Dose:	1 softgel daily
Split Dosing:	No (softgel form)
Cycling Advice:	Safe for long-term use
Best Time to Take:	Morning, with food (preferably fatty meal)
Purpose:	Heart, energy, mitochondrial support
Notes:	Not vegan. Suggested vegan alternative: Qunol Vegan CoQ10 100 mg (softgel-free).

Panax Ginseng (Nutra Champs)

Daily Dose:	2 capsules (1200 mg extract)
Split Dosing:	Can split AM/PM if sensitive
Cycling Advice:	Cycle 5 days on / 2 off or 3 weeks on / 1 off
Best Time to Take:	Morning or early afternoon (before activity)
Purpose:	Energy, mental focus, endurance
Notes:	Vegan and pork-free. Avoid late evening use.

L-Citrulline 750 mg (NOW)

Daily Dose:	1–2 capsules (750–1500 mg) before workout
Split Dosing:	Best taken all at once
Cycling Advice:	No cycling required
Best Time to Take:	30–60 min pre-workout, empty stomach
Purpose:	Nitric oxide booster, improves circulation and stamina
Notes:	Vegan and effective for performance boost.

Super B-Complex (Nature's Bounty)

Daily Dose:	1 tablet daily (optional)
Split Dosing:	No
Cycling Advice:	Alternate days or use only on workout days
Best Time to Take:	Morning with food
Purpose:	Energy metabolism, stress support
Notes:	Overlaps with multivitamin. Skip on non-training days if needed.

L-Lysine 1000 mg (Best Naturals)

Daily Dose:	1 tablet daily
Split Dosing:	Can split AM/PM if preferred
Cycling Advice:	Safe for long-term use
Best Time to Take:	Empty stomach or between meals
Purpose:	Immunity, collagen, antiviral (cold sore prevention)
Notes:	Pork-free; excellent for general immune support.

Magnesium Glycinate 200 mg (Doctor's Best)

Daily Dose:	1–2 tablets (200–400 mg)
Split Dosing:	Yes, 1 with dinner + 1 before bed
Cycling Advice:	No cycling required
Best Time to Take:	Evening with food and/or bedtime
Purpose:	Muscle relaxation, sleep, insulin sensitivity
Notes:	Highly absorbable, gentle on stomach. Complements multivitamin.

Glycine 3000 mg (BulkSupplements)

Daily Dose:	3000 mg (serving = 3 capsules)
Split Dosing:	No, take as a single dose
Cycling Advice:	No cycling required
Best Time to Take:	30–60 min before bed
Purpose:	Sleep, neurotransmitter balance, recovery
Notes:	Pairs well with magnesium for deep sleep.

B-Complex (Duplicate)

Daily Dose:	Skip or alternate with Super B-Complex
Split Dosing:	N/A
Cycling Advice:	Rotate weekly
Best Time to Take:	Only as needed
Purpose:	Energy
Notes:	Redundant. Use Super B-Complex instead.

Creatine Monohydrate

Daily Dose:	5 grams (5000 mg) daily
Split Dosing:	No, take all at once
Cycling Advice:	No cycling required
Best Time to Take:	Post-workout or with main meal
Purpose:	Strength, muscle preservation, brain energy, glucose support
Notes:	Works synergistically with L-Citrulline and Glycine. Most creatine powders are vegan.

Lion's Mane Mushroom Extract

Daily Dose:	500–1000 mg daily
Split Dosing:	Optional, but best as one dose
Cycling Advice:	Safe for long-term use
Best Time to Take:	Morning or with lunch
Purpose:	Cognitive clarity, memory, nerve regeneration
Notes:	Choose vegan-certified brands like Host Defense or FreshCap. No overlap with existing stack.