

Precision Titration & Tolerance Tracker

Client Name: _____ Date Started: _____

Target Intervention: _____ Delivery Form: (e.g., Liposomal) _____

Section 1: Pre-Titration Readiness (Drainage Check)

Before introducing the new nutraceutical, ensure "drainage pathways" are open to prevent a healing crisis.

- ☐ **Bowel Movements:** 1–3 easy-to-pass movements daily?
- ☐ **Hydration:** Consuming at least 50% of body weight (lbs) in ounces of water?
- ☐ **Liver/Lymph:** Engaging in daily movement or dry brushing?
- ☐ **Sleep:** Achieving 7+ hours of restful sleep to support cellular repair?

Practitioner Note: If any of the above are unchecked, delay titration and focus on the *Foundation* phase.

Section 2: Genetic & Bio-availability Logic

Primary SNP Being Addressed: _____ (e.g., *COMT Met/Met*, *MTHFR C677T*)

Nutraceutical Synergy/Stack: _____ (Example: Taking Magnesium with D3/K2 or non-methylated Bs for slow COMT)

Delivery System Choice: - ☐ **Liposomal/Sublingual:** (Bypasses gut/First-pass metabolism) - ☐ **Transdermal:** (Ideal for sensitive GI/Magnesium) - ☐ **Standard Capsule:** (Appropriate for non-sensitive/maintenance)

Section 3: 14-Day Micro-Dosing Log

Instructions: Start with 1/4 or 1/8 of the recommended dose. Increase by 10-20% every 3 days ONLY if no symptoms occur. If a reaction occurs, stay at the current dose or "Pulse" (take 2 days off).

Day	Dose (e.g., 1 drop / 1/4 cap)	Reaction Level (0-5)	Symptoms (Energy, Mood, Skin, GI)
1			

Day	Dose (e.g., 1 drop / 1/4 cap)	Reaction Level (0-5)	Symptoms (Energy, Mood, Skin, GI)
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

Section 4: Reaction Reflection & Scoring

Reaction Scale: 0 = No reaction | 3 = Moderate (Brain fog, fatigue) | 5 = Severe (Crash/Herxheimer)

Total Tolerance Score: ____

(Total of Reaction Levels for 14 days. Lower is better.)

Observations on Synergies: (e.g., "Felt better when taking with Magnesium")

Next Steps:

- ☐ **Continue Titration:** Increase dose by __% every ____ days.
- ☐ **Pulse Strategy:** Move to 4-days-on, 3-days-off schedule.

- [] **Tapering Plan:** Biomarkers normalized? Begin frequency reduction in ____ weeks.
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