

Targeted Supplementation & Bioavailability Worksheet

Client Name: _____ Date: _____ Protocol Phase: ☐ Phase A: Prepare ☐ Phase B: Target ☐ Phase C: Reseed ☐ Phase D: Modulate

Section 1: Optimized Protocol Design

Practitioner Note: Prioritize delivery systems (Liposomal, Sublingual) for clients with gut compromised absorption. Group synergistic nutrients to reduce total pill count.

Supplement Name	Delivery System (e.g., Liposomal, Liquid, Cap)	Dosage & Timing	Synergy / Clinical Goal (e.g., Nrf2 Activation)
1.			
2.			
3.			
4.			
5.			

Section 2: Safety & Interaction Screening

- ☐ **Drug-Nutrient Check:** Have all supplements been screened against current medications (SSRIs, Blood Thinners, Statins)?
- ☐ **Enzyme Check:** Any potent CYP3A4 inducers/inhibitors included (e.g., St. John's Wort, Grapefruit Seed)?
- ☐ **Bioavailability Check:** Are poorly absorbed molecules (Glutathione, Curcumin) in an advanced delivery form?

Section 3: Weekly Adherence & Bio-Feedback Tracker

Rate your symptoms/energy on a scale of 1–10 (10 being the best).

Day	Protocol Followed?	Energy Level	Primary Symptom: _____	Notes (Digestion, Sleep, etc.)
Mon	<input type="checkbox"/> Yes <input type="checkbox"/> No	/10	/10	
Tue	<input type="checkbox"/> Yes <input type="checkbox"/> No	/10	/10	
Wed	<input type="checkbox"/> Yes <input type="checkbox"/> No	/10	/10	
Thu	<input type="checkbox"/> Yes <input type="checkbox"/> No	/10	/10	
Fri	<input type="checkbox"/> Yes <input type="checkbox"/> No	/10	/10	
Sat	<input type="checkbox"/> Yes <input type="checkbox"/> No	/10	/10	
Sun	<input type="checkbox"/> Yes <input type="checkbox"/> No	/10	/10	

Section 4: Pill Burden & Compliance Reflection

1. On a scale of 1–10, how manageable is the current number of supplements? ____ (1 = Overwhelmed, 10 = Very Easy)

2. Are there any physical barriers to taking these (e.g., "capsules are too large," "taste of liquid")?

3. Practitioner Observations (Synergy effectiveness, need for pulse dosing, or consolidation):

Next Steps:

☐ Maintain current protocol for ____ days. ☐ Transition to Phase ____ on Date: ____ ☐ Reduce pill burden by consolidating into multi-nutrient powder: _____

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