

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: _____
-

AccrediPro Standards Institute Certified Tool | R.O.O.T.S. Method™ Friendly