

Eyes

B-vitamins (Oedema) C (Cortisol & Healing) Cod Liver oil [D & A] E complex ALA (Diabetes) Macushield MSM	NAC (Liver) Gingko (Memory & Oedema) Gymnema (Diabetes) Dong quai Green Tea (BP & Energy) Milk Thistle (Liver) Bromelain
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Diabetes

ACV Korean Ginseng (Cortisol) Probiotics Aloe Vera (Eyes) Cinnamon (BP) Benfotiamine	Fibre Karela Fenugreek (Testosterone) Ginger Berberine Chromium
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Blood Pressure

Beetroot Garlic Pine bark extract	L-Arginine L-Citrulline Hesperidin & Diosmin (at night)
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Cortisol

Ashwagandha Omega 3	Rhodiola Magnesium (Oedema)
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Oedema

Potassium Stinging Nettle (Hair loss) Red vine leaf extract	Dandelion Bearberry
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Take Anabolics at night/mid-day (cellular circadian theory)

Vit E – other anti-oxidants

Glutamine/Arganine/HMB – other aminos

Potassium

Pantothenic acid (B5) (mid-day)

Take Catabolics in the morning/mid-day

Omega 3

Vit A

Magnesium

B12 (mid-day)

L-phenalalanine

Taurine

Conflicts

Conflicting Supplements (separate by 4 hours)

Vit C	Beats	B12 Copper
Calcium	Competes with	Magnesium Iron Zinc
Zinc	Beats	Copper Iron
Green Tea	Beats	Iron
Vit E	Bleeding vs Clotting	Vit K
Omega 3	Enhance each other blood thinning	Gingko Biloba Vit E

Supplements vs Medicines (separate by 8 to 10 hours)

5HTP (serotonin pathway)	Anti-depressant ADHD (Ritalin, Adderal)
St John's Wort (mild depression)	Anti-depressant
Vit C	Antacid (causes aluminium absorption)
Iron Calcium	Levothyroxine
Vit K	Warfarin (reduces effectiveness)
Vit E Ginko Biloba	Warfarin (too effective)
Goldenseal	Blood clotters
Liquorice Root	Blood pressure medications/diuretics – fluctuations
Vit B6	Parkinsons (Levodopa)

Always combine

D3	K2 (reduce calcium in the blood) Calcium Omega 3 Magnesium
B-vitamins	B-vitamins (Folic acid – B9, B12, B6 – helps with Iron & haemoglobin, methylation cycle (DNA processing), food into energy)
C	Non haem Iron (plant based) Zinc (antioxidant, neurotransmitter, immune) Vit E (recharges glutathione, recycling boosted by Vit C)
Vit E	Omega 3 (enhance each other)
Vit A	Iron (thyroid, avoid chronic fatigue)

Drive (solution for low motivation)

Top 3 are the dopamine pathway,

1. Mucuna Pruriens – boosts L-dopa, precursor to dopamine
2. N-Acetyl L-tyrosine (better absorbed version of L-tyrosine) - precursor to L-dopa
3. Take DL-Phenylalanine (precursor to Tyrosine) or take PEA – phenylethylamine.
4. L-Theanine – serotonin, GABA, dopamine, norepinephrine (reduces stress helping motivation to kick in more)
5. ~~Low Cortisol – Adrenal desiccated and Vit D3 or Adrenal support from vital nutrients~~
D3 – 10K I.U. for three months (combined with Vit K2) then tapered down to 5K I.U. after 3 months.

Energy (anti-fatigue)

1. Maca Root
2. Panax Ginseng (improves glutathione)
3. D3, Liver Extract (Iron), B12, B6, CoQ10 (creates ATP)
4. ~~Adrenal Desiccated by Standard Process or Adrenal Support by Vital Nutrients (more cortisol)~~
ONLY TAKE FOR 3 MONTHS
5. (At night) Ashwagandha and Rhodiola – Sleep Stress

Focus

1. Dopaboo by Designs for Health (B6, N-Acetyl-L-Tyrosine, Mucuna, Green Tea, Quercetin)
2. Dopatone Active by Apex Energetics (B6, Selenium, Velvet Bean extract, DL-Phenylalanine, N-Acetyl-L-Tyrosine, NAC, DL-PEA, Blueberry, ALA)
3. ~~Adrenal desiccated by Standard Process – anti burnout – adrenal insufficiency syndrome~~
4. Brain Regain by Protocol for Life Balance (Choline, Ginko Biloba, *Rosemary Leaf extract*, Phosphatidyl Serine, *Huperzine Complex*, L-Glutamine, *Gotu Kola*)
5. L-Theanine, Rhodiola Rosea - decrease agitation – hyper dopamine, serotonin, gaba

Clarity (anti-brain fog)

1. Ginkgo Biloba (blood thinning, circulation, brain blood flow)
2. Bacopa Monnieri (as above)
3. Vit D3 (& K2)
4. Omega 3's (brain is made of fat and water) – episodic and working memory (DHEA)
5. Liver Extract (Iron)
6. B12 (attention, mood disorders, anxiety)
7. ~~Adrenal Desiccated by Standard Process or Adrenal Support by Vital Nutrients (more cortisol)~~
ONLY TAKE FOR 3 MONTHS

Peace (Cortisol reduction)

1. Panic attacks – Tension Ease by Vital nutrients
Anxiolytic herbs – Ashwagandha, L-theanine, Valerian root

Bio technicals - Passion flower, Lemon balm, Californian poppy

Essential oils – Roman Chamomile, Lavender

2. Adrenals spiked – Rhodiola Rosea
3. ~~Adrenals low – Drenamin by Standard Process (Adrenal dessicated)~~
4. B-vitamin complex - Adrenals, Serotonin pathway, Gaba pathway.
5. ~~Min-chex by Standard Process – Bovine orchic Cytosol™ extract, magnesium citrate, manganese lactate, bovine liver, porcine stomach, soy protein, bovine spleen, ovine spleen, defatted wheat germ, porcine brain, and ascorbic acid. AKA B3 (Niacin), B6, Calcium, Iodine, Sodium~~

Sleep

1. Staying asleep – L-Tryptophan – serotonin & melatonin but also protein & niacin (prefer no. 2 on this list)
2. High stress – mind won't shut down – Serotonin pathway only – 5HTP
3. Reduce cortisol – Rhodiola Rosea & Ashwagandha (Ginseng)
4. Restless leg – Magnesium - Epsom salt baths, Magnesium Citrate/Glycinate
5. Falling and staying asleep - Slow-release Melatonin

6. Eliminate stressors.
7. Reduce temperature below 20 degrees C.
8. Screen time – stop 2-3 hrs before bed.
9. Stop eating 3 hours before bed.
10. Light therapy – expose yourself to natural light first thing in the morning.

Resultant Morning Tablets (Catabolics, Drive, Energy, Focus)

Drive – Mucuna, (N-Acetyl-)L-Tyrosine, DL-Phenylalanine (catabolic), L-Theanine, GABA, Cod Liver Oil (D3, Catabolic) + Vit K2
Energy – Maca tea, Ginseng (cortisol, diabetes), Cod Liver Oil (Vit A, catabolic), B-complex, CoQ10
Focus – Green Tea, Quercetin, NAC, PEA, Choline, Ginkgo, ALA, Phosphatidyl, L-Glutamine, Creatine, Rosemary Leaf extract, Huperzine Complex, Gotu Kola
Clarity – Bacopa, Omega 3 (Red Krill oil – catabolic, cortisol)
Cortisol – ZMA - Magnesium Citrate/Glycinate/Malate (catabolic)
Youth – Taurine (catabolic)
Digestives – ACV, Colpermin, Multi-enzyme, TUDCA, Glucomannan
Medicines – Metformin, Amlodipine
Diabetes – Berberine
BP – Beetroot

Resultant mid-day

Energy – B-complex (eyes)/multi-vit, Liver extract (iron – conflicts with green tea)
Eyes – Macushield, MSM, Gymnema (diabetes), Dong Quai, Milk Thistle (liver), Bromelain (digestive), Aloe Vera (diabetes)
Digestive – ACV (diabetes), Glucomannan (diabetes), Probio 7 (diabetes)
Diabetes - Benfotiamine, Berberine
BP – Garlic, L-Citrulline Malate
Oedema – Potassium (anabolic)
Prostate – Cranberry (kidneys), Stinging Nettle (Hair loss)
Youth – Taurine (catabolic), Glycine (anabolic)

Resultant evening tablets (anabolics, peace, sleep)

Eyes – Vit C (conflicts with B-complex, anabolic)
Diabetes – Berberine, Glucomannan
BP – L-Arginine (anabolic), Hesperidin & Diosmin, Potassium (anabolic, oedema)
[Antioxidants – Vit E-complex (conflicts with Vit K), Astaxanthin (anabolic), Turmeric]
OR
[Bodybuilding – HMB (anabolic), protein shake, EAA's, Collagen, L-Leucine, L-Lysine (HGH), L-Ornithine (HGH)]
Testosterone – Boron, Fenugreek (diabetes), tongkat ali, fadogia agrestis
Peace/Cortisol – Ashwagandha, Rhodiola, Ginseng (diabetes), Valerian
Sleep – 5HTP, Magnesium Threonate
Medicines – Metformin

Simplified Resultant Morning Tablets (Catabolics, Drive, Energy, Focus)

Drive – Mucuna, L-Tyrosine, DL-Phenylalanine, Cod Liver Oil + Vit K2
Energy – Maca tea with Coffee & MCT, CoQ10
Focus – Green Tea, NAC, Quercetin, Ginkgo, PEA, Choline, ALA, Creatine
Clarity – Bacopa, Omega 3
Cortisol – ZMA
BP – Beetroot
Youth – Taurine
Digestives – ACV, Colpermin, Multi-enzyme, TUDCA, Glucomannan
Medicines – Metformin, Amlodipine
Diabetes – Berberine

Simplified Resultant mid-day

Energy – B-complex/multi-vit, Liver extract, Cocoa with Honey
Eyes – Macushield, MSM, Gymnema, Dong Quai, Aloe Vera, Milk Thistle, Bromelain
Digestive – ACV, Glucomannan, Probio 7
Diabetes - Benfotiamine, Berberine
BP – Garlic, L-Citrulline Malate
Oedema – Potassium
Prostate – Cranberry, Stinging Nettle
Youth – Taurine, Glycine

Simplified Resultant evening tablets (anabolics, peace, sleep)

Diabetes – Berberine, Glucomannan
BP – L-Arginine, Hesperidin & Diosmin
[Antioxidants – Vit E-complex, Astaxanthin, Turmeric]
OR
[Bodybuilding – HMB, protein shake, EAA's, Collagen, L-Leucine, L-Lysine, L-Ornithine
Testosterone – Boron, Fenugreek, tongkat ali, fadogia agrestis]
Peace/Cortisol – Ashwagandha, Rhodiola, Ginseng, Valerian
Sleep – L-Theanine, GABA, 5HTP, L-Glutamine, Magnesium Threonate, Phosphatidyl Serine
Medicines – Metformin

Fasting Mornings - Mon/Wed/Fri – Diabetes, Mental & Nutrients

Diabetes – ACV, Fibre, Berberine

Drive – Mucuna, L-Tyrosine, DL-Phenylalanine

Energy – Maca tea with Coffee & MCT, CoQ10, PQQ, Cordyceps, Reishi

Focus – Green Tea, Quercetin, PEA, Choline, Lions Mane

Clarity – Bacopa, Omega 3

Peace - GABA, 5HTP

Cortisol – Ashwagandha, Rhodiola, Ginseng

Nutrients - MultiVit

Eating Mornings – Tue/Thu/Sat – Diabetes, Nutrients, Digestives, Bodybuilding, Cortisol, Medicines

Diabetes – ACV, Fibre, Berberine

Nutrients – Vit B's, Vit C, Vit E, Vit D/A, Vit K2, Chromium, Zinc, ZMA, Potassium

Digestives – Multi-enzyme, Tudca

Bodybuilding – Whey protein shake

Cortisol – Ashwagandha, Rhodiola, Ginseng

Medicine – Amodipine, Metformin

Lunchtime – BP, Diabetes, Eyes, Oedema, Liver, Kidneys

BP – Beetroot, Garlic, Pine bark extract

Diabetes – ACV, Fibre, Berberine, Probio, Benfotiamine, Karela, Ginger, Berberine

Eyes - Macushield, MSM, Dong Quai, Aloe Vera, Bromelain

Oedema – Stinging Nettle (Hair loss), Red vine leaf extract, Dandelion, Bearberry

Liver - Milk Thistle

Kidneys – Cranberry

Bedtime – Diabetes, BP, Bodybuilding, Testosterone, Cortisol, Sleep, Medicines

Diabetes – Berberine, Fibre

BP – Hesperidin & Diosmin

Bodybuilding – HMB, Casein protein shake, EAA's, Collagen, L-Arginine, L-Leucine, L-Lysine, L-Ornithine, L-Glutamine, L-Theanine

Testosterone – Boron, Fenugreek, tongkat ali, fadogia agrestis]

Sleep – Magnesium Threonate, Phosphatidyl Serine, Inositol

Medicines – Metformin

Daily Pre-workout

Beetroot, Citrulline Malate, Beta Alanine

Every Morning – Youth, Testosterone, Eyes, Diabetes, BP, Energy, Focus, Nutrients

Youth – Glycine, NAC, L-Arginine, L-Glutamine, L-Lysine, L-Ornithine, Maca & Cocoa Coffee, Taurine, DHEA, Zinc, Metformin, Vit D3

Eyes - MSM, Aloe Vera

Testosterone – Boron, Tongaat Ali, Ginseng, D-Aspartic, Fenugreek

Diabetes – ACV, Fibre

BP - Garlic, Pine bark extract, ZMA, Potassium

Oedema – Stinging Nettle (Hair loss), Red vine leaf extract, Dandelion, Bearberry

Energy –CoQ10. PQQ, Cordyceps, Reishi, Creatine, Green Tea

Focus – Tea, Quercetin, Choline, L-Tyrosine

Liver - Milk Thistle

Kidneys – Cranberry

Fasting Mornings - Nutrients – MultiVit, Probio

Eating Mornings – Tue/Thu/Sat – Diabetes, Nutrients, Digestives, Bodybuilding, Cortisol, Medicines

Diabetes – Berberine

Nutrients – Vit B's, Vit C, Vit E, Chromium, Probio

Digestives – Multi-enzyme, Tudca

Bodybuilding – Whey protein shake, EAA's, Collagen, HMB

Cortisol – Ashwagandha, Rhodiola

Eating Lunchtimes – BP, Diabetes, Eyes, Oedema, Liver, Kidneys

Diabetes – ACV, Fibre, Berberine, Karela, Cinnamon

Every Bedtime – Diabetes, BP, Bodybuilding, Testosterone, Cortisol. Sleep, Medicines

Diabetes – Berberine, Fibre, Metformin

Bodybuilding – Casein protein shake

Sleep – Magnesium Threonate, Phosphatidyl Serine, Inositol