

## The Basic Supplements

Supplement	AM	B	MM	L	MA	D	BT*
<input type="checkbox"/> Multivitamin/mineral	—	2	—	—	—	2	—
<input type="checkbox"/> Calcium 250–500 mg	—	—	—	—	—	1–2	—
<input type="checkbox"/> Magnesium 200–400 mg	—	1	—	—	—	1	—
<input type="checkbox"/> Vitamin D 400 IU† (more if testing indicates a need)	—	1	—	—	—	—	—
<input type="checkbox"/> B complex 10–25 mg‡	—	1	—	—	—	1	—
<input type="checkbox"/> Vitamin C with bio- flavonoids (1,000 mg C and 300–500 mg bioflavonoids)	—	1	—	—	—	1	—
<input type="checkbox"/> Fish oil (300 mg combined DHA/EPA, 1,200–2,400/day)	—	2–3	—	2–3	—	—	—

\*AM=on arising; B=with breakfast; MM=midmorning; L=with lunch; MA=midafternoon; D=with dinner; BT=at bedtime.

†Most good multis contain 400 IUs. If you need doses over 1,000 IU, get 1,000 IU vitamin D from *fish oil* source. See the “Resource Tool Kit,” page 289, for testing and supplement sources.

‡Source Naturals or Country Life coenzyme brands are recommended.

## The Special Repair Supplements

Supplement	AM	B	MM	L	MA	D	BT*
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### Lifting the Dark Cloud

- |   |     |     |     |     |     |     |     |
|---|-----|-----|-----|-----|-----|-----|-----|
| <input type="checkbox"/> 5-HTP 50 mg (not 100 mg)<br>or | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| <input type="checkbox"/> L-tryptophan 500 mg<br>or      | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| <input type="checkbox"/> Saint-John's-wort 300 mg<br>or | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| <input type="checkbox"/> SAM-e 400 mg                   | ___ | ___ | ___ | ___ | ___ | ___ | ___ |

### Blasting the Blahs

- |  |     |     |     |     |     |     |     |
|--|-----|-----|-----|-----|-----|-----|-----|
| <input type="checkbox"/> L-tyrosine 500 mg<br>or   | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| <input type="checkbox"/> L-phenylalanine 500 mg<br>or  | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| <input type="checkbox"/> A combination of<br>L-tyrosine and<br>L-phenylalanine such<br>as NOW's True Focus<br>plus | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| <input type="checkbox"/> Extra† omega-3 fish oil<br>(300 mg combined<br>DHA/EPA)                                   | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| <input type="checkbox"/> Vitamin K 100 mcg   | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| <input type="checkbox"/> Grape seed extract 60 mg  | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| <input type="checkbox"/> Thyroid glandulars  | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| <input type="checkbox"/> Homeopathic thyroid,<br>as directed   | ___ | ___ | ___ | ___ | ___ | ___ | ___ |

### Easing the Stress

- |  |     |     |     |     |     |     |     |
|--|-----|-----|-----|-----|-----|-----|-----|
| <input type="checkbox"/> Combination of GABA<br>100–200 mg with taurine<br>and glycine ‡ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
|--|-----|-----|-----|-----|-----|-----|-----|

\*AM=on arising; B=with breakfast; MM=midmorning; L=with lunch; MA=midafternoon; D=with dinner; BT=at bedtime.

†“Extra” means on top of the amounts of these nutrients that you get in your basic supplements.

‡Try GABAcalm by Source Naturals or Relaxers by Country Life.

*continued*

Supplement	AM	B	MM	L	MA	D	BT*
<input type="checkbox"/> GABA 500 mg	_____	_____	_____	_____	_____	_____	_____
<input type="checkbox"/> <i>Calmes Forte</i>	_____	_____	_____	_____	_____	_____	_____
<input type="checkbox"/> Inositol powder	_____	_____	_____	_____	_____	_____	_____
<input type="checkbox"/> L-glutamine 500 mg	_____	_____	_____	_____	_____	_____	_____
<input type="checkbox"/> Chromium 200 mcg	_____	_____	_____	_____	_____	_____	_____
<b>Desensitizing from Life's Pain</b>							
<input type="checkbox"/> DLPA 500 mg (250 mg D-, 250 mg L-), or DPA 500 mg or	_____	_____	_____	_____	_____	_____	_____
<input type="checkbox"/> Comfort zone plus	_____	_____	_____	_____	_____	_____	_____
<input type="checkbox"/> Freeform amino acid blend 700–800 mg	_____	_____	_____	_____	_____	_____	_____
<b>Sleep Repair</b>							
<input type="checkbox"/> Melatonin	_____	_____	_____	_____	_____	_____	_____
<input type="checkbox"/> Extra† calcium	_____	_____	_____	_____	_____	_____	_____
<input type="checkbox"/> Extra† magnesium	_____	_____	_____	_____	_____	_____	_____
<input type="checkbox"/> Extra† zinc, 50 mg	_____	_____	_____	_____	_____	_____	_____
<input type="checkbox"/> Extra† vitamin C	_____	_____	_____	_____	_____	_____	_____
<input type="checkbox"/> Extra† vitamin E 400 IU	_____	_____	_____	_____	_____	_____	_____
<input type="checkbox"/> Extra† iron 15–20 mg (look for absorbable, non- toxic form—Ferrochel)‡	_____	_____	_____	_____	_____	_____	_____
<input type="checkbox"/> Folic acid 1,000–5,000 mcg	_____	_____	_____	_____	_____	_____	_____
<input type="checkbox"/> other	_____	_____	_____	_____	_____	_____	_____
<b>Addiction Repair</b>							
<input type="checkbox"/> <i>Alka-Seltzer Gold</i>	_____	_____	_____	_____	_____	_____	_____
<p>*AM=on arising; B=with breakfast; MM=midmorning; L=with lunch; MA=midafternoon; D=with dinner; BT=at bedtime.          †“Extra” means on top of the amounts of these nutrients that you get in your basic supplements.          ‡E.g., Iron Complex by NOW or Chelated Iron by Carlson.</p>							
<i>continued</i>							

Supplement	AM	B	MM	L	MA	D	BT*
<input type="checkbox"/> Vitamin C powder (e.g. by Nutricology)	___	___	___	___	___	___	___
<input type="checkbox"/> Pancreatic enzymes	___	___	___	___	___	___	___
<input type="checkbox"/> Milk thistle 300 mg	___	___	___	___	___	___	___
<b>Adrenal Repair</b>							
<input type="checkbox"/> Licorice	___	___	___	___	___	___	___
<input type="checkbox"/> DHEA	___	___	___	___	___	___	___
<input type="checkbox"/> Pregnenolone	___	___	___	___	___	___	___
<input type="checkbox"/> Seriphos	___	___	___	___	___	___	___
<input type="checkbox"/> Glandular adrenal cortex	___	___	___	___	___	___	___
<input type="checkbox"/> Homeopathic adrenal cortex	___	___	___	___	___	___	___
<input type="checkbox"/> Rx cortisol	___	___	___	___	___	___	___
<b>Sex Hormone Balancing</b>							
<input type="checkbox"/> Progesterone	___	___	___	___	___	___	___
<input type="checkbox"/> Rx estrogen	___	___	___	___	___	___	___
<input type="checkbox"/> Black Cohosh	___	___	___	___	___	___	___
<input type="checkbox"/> Rx testosterone	___	___	___	___	___	___	___
<input type="checkbox"/> Saw palmetto	___	___	___	___	___	___	___
<b>Other</b>							
<input type="checkbox"/> _____	___	___	___	___	___	___	___
<input type="checkbox"/> _____	___	___	___	___	___	___	___
<input type="checkbox"/> _____	___	___	___	___	___	___	___
<input type="checkbox"/> _____	___	___	___	___	___	___	___
<input type="checkbox"/> _____	___	___	___	___	___	___	___
<input type="checkbox"/> _____	___	___	___	___	___	___	___
<p>_____</p> <p>*AM=on arising; B=with breakfast; MM=midmorning; L=with lunch; MA=midafternoon; D=with dinner; BT=at bedtime.</p>							