

SUPPLEMENT AND MEDICATION SCHEDULE

Supplement Name	Description/Why Taking	Dose	Brkfst	Lunch	Dinner	Eve/Bed
One Daily (by Mega Food)	multiple	1 tablet	1			
Flaxseed Oil	inflammation, bones	1000mg/pill	1	1	1	
Vitamin D3 5000	bones, immunity	5000 i.u.	1			
Calcium Lactate	bones	200 mgs.	2		2	
Chelated Magnesium	bones, elimination	250 mgs.	1		1	1
Super Enzymes (by NOW)	digestion	1 tablet	1	1	1-2	
Betaine Hydrochloride	HCl for digestion	600 mgs.	1	1	1-2	
St. John's Wort	depression	300 mgs.	1	1	1	
Prolamine Iodine	thyroid	3 mgs.	1			
Spanish Black Radish	liver support x 1mo.	270mgs.	1	1	1	
Livaplex (blend)	liver support x 1mo.	1 capsule	1	1	1	
Medication Name	Condition Treated	Dose/Pill	Brkfst	Lunch	Dinner	Eve/Bed
Lisinopril	high blood pressure	10 mgs.	1			
Armour Thyroid	thyroid	60 mgs.	1			

Name Sample

Date 3-1-17