



# Supplement Schedule

John Murray



## MORNING

Glass of water

Lovely Lungs Herbal Tonic 40 drops in water

Ubiquinol 150 1 capsule

OmegAvail 1250 1 capsule

NAC 1 capsule

## DAY

Lovely Lungs Herbal Tonic 40 drops in water

Glass of water

## EVENING

Lovely Lungs Herbal Tonic 40 drops in water

OmegAvail 1250 1 capsule

NAC 1 capsule

Sound Sleep Herbal Tonic 40 drops half hour prior to bed

## Summary

These supplements aim to:

- Improve the health of your lungs
- Increase the function of your lungs
- Support your breathing capacity
- Reduce inflammation
- Decrease oxidative stress
- Improve falling asleep
- Support staying asleep
- Alleviate restless legs

- **Take Herbs and supplements away from any medication, minimum of 1 hour**

## Daily Goals

- Drink 2 glasses of water each day

