

## PHASE II PROTOCOL

SUPPLEMENT	Upon Rising	With Breakfast	Mid Morning	With Lunch	Mid Afternoon	With Dinner	Before Bed
ColonRx							3
ADK		1					
Mg glycinate						3	
Zinc picolinate						2	
P5P		1					
Lithium orotate		1				1	
Chromium		1					
MoZyme		1				1	
EPO		1				1	
TUDCA		1				1	
NAC		1					
Digest		1		1		1	
R5P		1					
B12		½ dropper					
Methionine		2				2	
SAMe*	1						

## FOR CALMING

- **Inositol 900mg** - take 1/2 tsp up to 3 times daily. May be taken before bed to help with sleep.

## \*SAMe 200mg

- Take 1 capsule in the morning on an empty stomach, 45-minutes before food.

All supplements may be ordered directly from your online Doctor's Supplement Store portal. You will receive email notifications.