



# Supplement Schedule

John Murray



## MORNING

Glass of water

Lovely Lungs Herbal Tonic  
10 drops in water

NAC 1 capsule  
Take with food/after breakfast

Biome Breathe Probiotic 1 sachet  
add to your water or mix into cold food eg  
yoghurt

## DAY

Lovely Lungs Herbal Tonic  
10 drops in water

Glass of water

GI Repair 1 teaspoon in 250ml  
water or juice with food

**\*\*This can be taken earlier as long as it is  
4 hours away from your medication\*\***

## EVENING

Lovely Lungs Herbal Tonic 10 drops  
in water

NAC 1 capsule  
Take with food/after dinner

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
- Improve gut health and absorption nutrients

- **Take Herbs and supplements away from any medication, minimum of 1 hour, and the GI Repair Powder 4 hours away**

## Daily Goals

- Drink 2 glasses of water each day
- Add more vegetables to your dinners eg spinach, broccoli, cauliflower



Sacred Sage  
Apothecary