



Supplement Schedule

Matthew Squire



MORNING

Calm & Settle Herbal Tonic
50 drops in water

NAC 1 capsule
Take with food

Homeopathic Withdrawal Mix
1 dose (5 drops direct in mouth)

Summary

These supplements aim to:

- Alleviate cigarette and vape withdrawal symptoms
- Support sleep
- Enhance stress resilience

DAY

Daily Goals

- Continue adding nutrient dense food to your diet
- Water Intake: while detoxing and withdrawing it is essential to drink enough water to support your body eliminating the toxins. Aim to drink 1.5-2 litres filtered water daily

EVENING

Calm & Settle Herbal Tonic
50 drops in water

*** after 3-7 days of taking NAC in morning and well tolerated add:*
NAC 1 capsule
Take with food

