



Supplement Schedule

Tonie Gooley



MORNING

Daily Support Herbal Formula
20 drops in water

Summary

- Resolve watery eyes and nasal drip
- Address the lump on ring finger and Rheumatoid arthritis
- Continue reducing inflammation and enhancing antioxidant status
- Continue supporting gut health

DAY

GI Repair
2 tsp in water or juice with food

Advanced Synbiotic Powder
2 scoops in water or juice

***These need to be taken 4 hours
away from medications and can be
taken together***

Organic Pomegranate juice
Dose: 30 mLs

Daily Goals

Continue with these goals

- Take note of any changes after each week
- Add in quercetin rich foods to meals daily
- Continue with gluten elimination and previous diet adjustments

EVENING

Daily Support Herbal Formula
20 drops in water

Homeopathic Combo Mix
5 drops

