

Amino Acids Schedule

Take all Amino Acids on Empty Stomach. St. John's Wort 3x a Day with Food.

Carry this in your pocket as you go throughout your day. Mark an "X" when you take the supplement(s) you decide to try so you can keep track of your progress. A box filled in with gray means not to take that particular supplement at that time. You can print out the next page to save paper.

Amino Acid	Upon Waking Before Food	Between Lunch And Dinner	Before Bed
5HTP/Tryptophan			
Tyrosine/Phenylalanine/DLPA			
GABA			
*SAM-e			
**St. John's Wort			

*The best time to take SAM-e for many people is in the morning before breakfast. Start slow, and increase dosage if you need to. Some people find that SAM-e helps them with alertness, others find that it helps them sleep. You'll need to experiment with SAM-e if you decide to try it.

**Take St. John's Wort With Food, 3 times a day. You don't have to take it on an empty stomach.

Printout

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**St. John's Wort			

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