

The Basics Schedule

Mark an “X” in each box as you go throughout the day. When a box is already gray, that means you don't take the supplement during that time. Make sure to do it everyday and stack up your completed days! On the next page, you can print out multiple tables on one page.

Basic Supplement	Taken With Food In Morning	Taken With Food in Afternoon	Taken With Food in Evening
Multivitamin			
Fish Oil (1,000-2,000mg of DHA/EPA a day)			
Vitamin C (1,000mg)			
Vitamin D (Test to Determine How Much)			
Calcium**			
Magnesium* (200-400mg)			
B Vitamins (One Capsule)			
Probiotic/Digestive Enzymes			

You want your total DHA/EPA intake around 1,000-2,000mg a day. Depending on which fish oil you choose, you will need to calculate how many capsules that is and divide between breakfast and lunch.

*Magnesium and Calcium are great also when taken right before bed on an empty stomach for sleep.

**Some recent studies have shown that supplementing with calcium may cause some harm in the long-term. If you still feel you need to take calcium for sleep or anxiety, make sure that you are already deficient in it and really do need it. An alternative is to get calcium from salmon, dark leafy greens, sardines, bone broth, or dairy products if you can tolerate dairy.

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Vitamin C (1,000mg)			
Vitamin D (Determine with Test)			
Calcium**			
Magnesium* (200-400mg)			
B Vitamins (One Capsule)			
Probiotic/Digestive Enzymes			

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