

Daily Supplements

Name: _____

Pills

Supplement	Morning	Afternoon	Evening
Essential Candida Control	pills	pill	pills
Pro Omega 2000 Fish Oil	pill	pill	pill
D-3 Drops	5 drops	--	--

The "Pills" section is pretty clear.

- Write the name of the supplement from the bottle in the first column. Using the name from the bottle is recommended because additional supplements may have similar names.
- Add the number of pills taken in the morning, afternoon and evening. You can delete one or two columns if you only take pills once or twice a day.
- Change the form as necessary to make it easier for you. The D-3 drops aren't pills, but I included them here because my son can take those and the pills. I always do the drops for him.

Drops

Supplement	Drops	Per day	Additional Drops
Mycoregen	2 drops in water	X 2 (↑ 1 drp 3 day)	+ (to 10)
ENL-BT-1	1 drop in water	X 2 (↑ 1 drp 3 day)	+ (to 10)

The "Drops" section is more complicated.

- Again, use the name of the supplement from the bottle in the first column.
- Add the starting or current number of drops in the Drops column.
- Indicate how many times a day you take the drops and the progression of increasing drops by noting how many drops to increase every how many days in the Per Day column, (e.g. The first row means, "Increase one drop every three days").
- In the Additional Drops column, use hash marks to increase the drops up to the maximum recommended.
- **The total drops taken are the starting or current drops plus the additional drops.**
- Once the hash marks get messy, redo the sheet and add the hash marks into the Drops column. So Mycoregen started with 2 drops of water would have four hash marks in the Additional Drops column after 12 days. Updating the sheet would result in six drops in the Drops column with no hash marks in the Additional Drops column.

Other

Supplement	Amount	Per day
Essential Glutamin Powder	3 scoops in water	X 2 per day
Immuno PrP	1 scoop in drink	X 1 per day
Opticleanse	1 scoop in drink	X 1 per day

The "Other" section is anything else.

- In the above, the Essential Glutamin Powder is to be taken in water separate from the above drops, while the Immuno PrP and Opticleanse can be taken together in another drink, (like a smoothie).