## NUTRIENT CHEAT SHEET Golden Heart



MULTI YES FATS TO ALLOW BETTER ABSORPTION  PRENATAL YES FATS TO ALLOW BETTER ABSORPTION  VITAMIN A YES FATS TO ALLOW BETTER ABSORPTION  VITAMIN E YES FATS TO ALLOW BETTER ABSORPTION  VITAMIN D YES FATS TO ALLOW BETTER ABSORPTION  VITAMIN D YES FATS TO ALLOW BETTER ABSORPTION  VITAMIN D YES FATS TO ALLOW BETTER ABSORPTION  VITAMIN K YES FATS TO ALLOW BETTER ABSORPTION  VITAMIN K YES FATS TO ALLOW BETTER ABSORPTION  FATS TO ALLOW BETTER ABSORPTION  VITAMIN D YES FATS TO ALLOW BETTER ABSORPTION  VITAMIN D YES FATS TO ALLOW BETTER ABSORPTION  VITAMIN D GETTER ABSORPTION  VITAMIN D GETTER ABSORPTION  EARLY MORNING BEFORE BREAKFAST OR AT NIGHT BEFORE		TAKE		PAIRS
FISH OIL  YES  PRENATAL  YES  FATS TO ALLOW BETTER ABSORPTION  VITAMIN D  YES  FATS TO ALLOW BETTER ABSORPTION  FATS TO ALLOW BETTER ABSORPTION  FATS TO ALLOW BETTER ABSORPTION  FATS TO ALLOW BETTER ABSORPTION + VIT K  FATS TO ALLOW BETTER ABSORPTION + VIT K  FATS TO ALLOW BETTER ABSORPTION + VIT K  FATS TO ALLOW BETTER ABSORPTION + D3  VITAMIN K  YES  ZINC FOR BETTER BECORE BED BREAKFAST OR AT NIGHT BEFORE BED BREAKFAST OR AT NIGHT BEFORE BED WITAMIN D/ DONT EAT FIBROUS MEALS  FIBER  YES  ZINC  NO  MAGNESIUM  VITAMIN D/ DONT TAKE CALCIUM WITH FIBER  ZINC  NO  MAGNESIUM  VITAMIN C  PROTEIN  EITHER  COMPLEX CARBS & CHROMIUM  BETAINE  YES  WITH PROTEIN  DIGESTIVE ENZYMES  CHLORELLA  YES  FIRST THING IN THE MORNING  W/ BREAKFAST & DINNER  BIO FLAVANOIDS  SPIRULINA  NO  TART CHERRY EXTRACT  NO  FATS TO ALLOW BETTER ABSORPTION  FATS TO ALLOW BETTER AB	NUTRIENT		TIME	
PRENATAL  YES  PRENATAL  YES  FATS TO ALLOW BETTER ABSORPTION  EARLY MORNING BEFORE BERAYEAST OR AT MIGHT BEFORE BED  ENHANCES IRON ABSORPTION  ENHANCES IRON ABSORPTION  FIBER  YES  VITAMIN D' DONT EAT FIBROUS MEALS  IRON- DO NOT TAKE CALCIUM WITH FIBER  VITAMIN C  COMPLEX CARBS & CHROMIUM  TAKE WITH PROTEIN  TAKE WITH EACH MEAL  FIRST THING IN THE MORNING  INOSITOL  YES  BIO FLAVANOIDS  SPIRULINA  NO  TART CHERRY EXTRACT  NO  FATS TO ALLOW BETTER ABSORPTION  FATS TO ALLOW BETTER ABSORPTION  TAKE WITH ABSORPTION  FATS TO ALLOW BETTER ABSORPTION  FATS TO A	MULTI	YES		
VITAMIN A  YES  VITAMIN B  VITAMIN B  YES  VITAMIN C  VITAMIN C  CALCIUM  FIBER  VITAMIN C  VITAMIN C  VITAMIN C  CALCIUM  FIBER  VES  VITAMIN C  NO  MAGNESIUM  YES  VITAMIN C  CALCIUM  YES  VITAMIN C  NO  MAGNESIUM  YES  VITAMIN C  VITAMIN C  NO  MAGNESIUM  YES  VITAMIN C  VITAMIN C  CALCIUM  YES  VITAMIN C  NO  MAGNESIUM  YES  VITAMIN C  VITAMIN C  CALCIUM  YES  VITAMIN C  COMPLEX CARBS & CHROMIUM  WITH PROTEIN  BETAINE  PES  VITAMIN C  COMPLEX CARBS & CHROMIUM  WITH PROTEIN  BETAINE  PES  CHLORELLA  YES  VITAMIN C  COMPLEX CARBS & CHROMIUM  WITH PROTEIN  TAKE WITH EACH  MEAL  FIRST THING IN THE  MORNING  W/ BREAKFAST & DINNER  BIO  FLAVANOIDS  SPIRULINA  NO  TART CHERRY  EXTRACT	FISH OIL	YES		
VITAMIN A VES  VITAMIN E VES  VITAMIN D VES  VITAMIN D VES  VITAMIN D VES  VITAMIN C  VITAMIN K VES  ABSORPTION  FATS TO ALLOW BETTER ABSORPTION + VIT K ABSORPTION + VIT K ABSORPTION + VIT K ABSORPTION + D3  ZINC FOR BETTER ABSORPTION  EARLY MORNING BEFORE BEEGRE BED BEFORE BED  VITAMIN C  VITAMIN C  NO  ENHANCES IRON ABSORPTION  VITAMIN D/ DONT EAT FIBROUS MEALS  FIBER  VES  VITAMIN C  NO  MAGNESIUM  IRON VES  VITAMIN C  COMPLEX CARBS & CHROMIUM  BETAINE VES  WITH PROTEIN  DIGESTIVE ENZYMES  CHLORELLA VES  WITH PROTEIN  TAKE WITH EACH MEAL  INOSITOL VES  W/ BREAKFAST & DINNER  BIO FLAVANOIDS  SPIRULINA NO  TART CHERRY EXTRACT  NO  TART CHERRY EXTRACT	PRENATAL	YES		
VITAMIN D  VES  FATS TO ALLOW BETTER ABSORPTION + VIT K  FATS TO ALLOW BETTER ABSORPTION + VIT K  FATS TO ALLOW BETTER ABSORPTION + D3  MAGNESIUM  VES  INC FOR BETTER BERAKFAST OR AT NIGHT BEFORE BED  VITAMIN C  CALCIUM  VES  VITAMIN C  CALCIUM  VES  VITAMIN D  VITAMIN C  CALCIUM WITH FIBER  VES  VITAMIN C  COMPLEX CARBS & CHROMIUM  BETAINE  VES  VITAMIN C  COMPLEX CARBS & CHROMIUM  TAKE WITH EACH MEAL  FIRST THING IN THE MORNING  W/ BREAKFAST & DINNER  BIO FLAVANOIDS  SPIRULINA  NO  TART CHERRY EXTRACT	VITAMIN A	YES		
VITAMIN K  VES  VITAMIN K  VES  MAGNESIUM  VES   IZINC FOR BETTER ABSORPTION  EARLY MORNING BEFORE BREAKFAST OR AT NIGHT BEFORE BED  VITAMIN C  CALCIUM  VES  VITAMIN D  VITAMIN D  VITAMIN C  CALCIUM  VES  FIBER  VES  IRON- DO NOT TAKE CALCIUM WITH FIBER  VITAMIN C  IRON  VITAMIN C  MAGNESIUM  VITAMIN C  VITAMIN C  COMPLEX CARBS & CHROMIUM  BETAINE  VES  VITAMIN C  COMPLEX CARBS & CHROMIUM  WITH PROTEIN  DIGESTIVE ENZYMES  CHLORELLA  VES  INOSITOL  VES  BIO FLAVANOIDS  SPIRULINA  NO  TART CHERRY EXTRACT  NO  ABSORPTION  LARGY FATS TO ALLOW BETTER ABSORPTION  CINC FOR BETTER ABSORPTION  LARGY FATS TO ALLOW BETTER ABSORPTION  CALCIUM WITH FIBER  CALCIUM WITH FIBER  WITH PROTEIN  TAKE WITH EACH MEAL  FIRST THING IN THE MORNING  W/ BREAKFAST & DINNER  NO  TART CHERRY EXTRACT	VITAMIN E	YES		
MAGNESIUM  PROBIOTICS  NO  PROBIOTICS  PRO	VITAMIN D	YES		
ABSORPTION PROBIOTICS NO PROBIOTICS PROBI	VITAMIN K	YES		
PROBIOTICS  NO  VITAMIN C  NO  CALCIUM  YES  FIBER  YES  ZINC  NO  WAGNESIUM  IRON  FROTEIN  BETAINE  PROZYMES  CHLORELLA  TINOSITOL  DIM  YES  PROBIOTICS  NO  BREAKFAST OR AT NIGHT BEFORE BED  ENHANCES IRON ABSORPTION  VITAMIN D/ DONT EAT FIBROUS MEALS  IRON- DO NOT TAKE CALCIUM WITH FIBER  WITAMIN C  COMPLEX CARBS & CHROMIUM  WITH PROTEIN  TAKE WITH EACH MEAL  FIRST THING IN THE MORNING  W/ BREAKFAST & DINNER  W/ BREAKFAST & DINNER  W/ BREAKFAST & DINNER  TAKE WITH EACH MORNING  W/ BREAKFAST & DINNER  DIM  YES  BIO FLAVANOIDS  SPIRULINA  NO  TART CHERRY EXTRACT	MAGNESIUM	YES		
CALCIUM  YES  FIBER  YES  FIBER  YES  IRON- DO NOT TAKE CALCIUM WITH FIBER  ZINC  NO  MAGNESIUM  WITAMIN C  MAGNESIUM  VITAMIN C  COMPLEX CARBS & CHROMIUM  BETAINE  PROTEIN  BETAINE  YES  WITH PROTEIN  TAKE WITH EACH  MEAL  FIRST THING IN THE  MORNING  W/ BREAKFAST & DINNER  BIO  FLAVANOIDS  SPIRULINA  NO  TART CHERRY  EXTRACT  NO  VITAMIN D/ DONT EAT FIBROUS MEALS  IRON- DO NOT TAKE CALCIUM WITH FIBER  VITAMIN C  COMPLEX CARBS & CHROMIUM  VITAMIN C  COMPLEX CARBS & CHROMIUM  VITAMIN C  TAKE WITH EACH  MEAL  FIRST THING IN THE  MORNING  W/ BREAKFAST & DINNER  NO  TART CHERRY  EXTRACT	PROBIOTICS	NO		BREAKFAST OR AT NIGHT
FIBER YES IRON- DO NOT TAKE CALCIUM WITH FIBER  ZINC NO MAGNESIUM  IRON YES VITAMIN C  PROTEIN EITHER COMPLEX CARBS & CHROMIUM  BETAINE YES WITH PROTEIN  DIGESTIVE ENZYMES YES FIRST THING IN THE MORNING  INOSITOL YES W/ BREAKFAST & DINNER  BIO FLAVANOIDS  SPIRULINA NO  TART CHERRY EXTRACT	VITAMIN C	NO		
TART CHERRY EXINC  ZINC  NO  MAGNESIUM  MAGNESIUM  MAGNESIUM  VITAMIN C  COMPLEX CARBS & CHROMIUM  WITH PROTEIN  TAKE WITH EACH  MEAL  FIRST THING IN THE  MORNING  W/ BREAKFAST & DINNER  NO  TART CHERRY  EXTRACT  CALCIUM WITH FIBER  TO STATE OF THE CARBON AND CHARLES AN	CALCIUM	YES		
IRON YES VITAMIN C  PROTEIN EITHER COMPLEX CARBS & CHROMIUM  BETAINE YES WITH PROTEIN  DIGESTIVE ENZYMES YES FIRST THING IN THE MORNING  INOSITOL YES W/ BREAKFAST & DINNER  BIO YES  BIO FLAVANOIDS  SPIRULINA NO  TART CHERRY EXTRACT	FIBER	YES		
PROTEIN EITHER  BETAINE  YES  DIGESTIVE ENZYMES  CHLORELLA  YES  TAKE WITH EACH MEAL  FIRST THING IN THE MORNING  W/ BREAKFAST & DINNER  BIO FLAVANOIDS  SPIRULINA  NO  TART CHERRY EXTRACT  COMPLEX CARBS & CHROMIUM  WITH PROTEIN  TAKE WITH EACH MEAL  FIRST THING IN THE MORNING  W/ BREAKFAST & DINNER  TART CHERRY EXTRACT	ZINC	NO		MAGNESIUM
PROTEIN EITHER  BETAINE  PROTEIN  BETAINE  PROTEIN  PROTEIN  CHROMIUM  WITH PROTEIN  TAKE WITH EACH  MEAL  FIRST THING IN THE  MORNING  W/ BREAKFAST & DINNER  BIO  FLAVANOIDS  SPIRULINA  NO  TART CHERRY  EXTRACT  NO	IRON	YES		VITAMIN C
DIGESTIVE ENZYMES  CHLORELLA  YES  INOSITOL  DIM  YES  BIO FLAVANOIDS  SPIRULINA  TART CHERRY EXTRACT  TAKE WITH EACH MEAL  FIRST THING IN THE MORNING  W/ BREAKFAST & DINNER  TARE  TAKE WITH EACH MEAL  FIRST THING IN THE MORNING  W/ BREAKFAST & DINNER  TARE  TAKE WITH EACH MEAL  FIRST THING IN THE MORNING  W/ BREAKFAST & DINNER  TARE MORNING	PROTEIN	EITHER		
ENZYMES  CHLORELLA  YES  FIRST THING IN THE MORNING  W/ BREAKFAST & DINNER  DIM  PES  BIO FLAVANOIDS  SPIRULINA  NO  TART CHERRY EXTRACT  NO  MEAL  FIRST THING IN THE MORNING  W/ BREAKFAST & DINNER  TART CHERRY NO	BETAINE	YES		WITH PROTEIN
INOSITOL YES MORNING  W/ BREAKFAST & DINNER  DIM YES  BIO FLAVANOIDS  SPIRULINA  NO  TART CHERRY EXTRACT  NO  MORNING  W/ BREAKFAST & DINNER  DIM YES  TART CHERRY EXTRACT		YES		TAKE WITH EACH MEAL
DIM YES  BIO FLAVANOIDS  SPIRULINA  TART CHERRY EXTRACT  NO	CHLORELLA	YES		
BIO FLAVANOIDS  SPIRULINA  NO TART CHERRY EXTRACT  NO	INOSITOL	YES		w/ breakfast & dinner
FLAVANOIDS  SPIRULINA  NO  TART CHERRY EXTRACT  NO	DIM	YES		
TART CHERRY NO EXTRACT		YES		
EXTRACT NO	SPIRULINA	NO		
TURMERIC NO		NO		
<u> </u>	TURMERIC	NO		

NUTRIENT	TAKE WITH FOOD	TIME	PAIRS WELL WITH
ASHWAGANDHA	NO		
RESVERATROL	YES		
MELATONIN	NO		
GABA	NO		
COLLAGEN	NO		
AMINO ACIDS	NO		CAN BE TAKING THROUGHOUT THE DAY
B VITAMINS	NO		
coq10	YES		FISH OIL
SELENIUM	YES		IODINE
GLUTAMINE	NO		
GLUTATHIONE	NO		
LEUCINE	NO		ISOLEUCINE & VALINE
LYSINE	NO		
TRYPTOPHAN	NO		MAGNESIUM
TAURINE	NO		
NETTLES	YES		
GREENS POWDER			
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