

NUTRIENT CHEAT SHEET

NUTRIENT	TAKE WITH FOOD	TIME	PAIRS WELL WITH
MULTI	YES		FATS TO ALLOW BETTER ABSORPTION
FISH OIL	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 + VIT K
VITAMIN K	YES		FATS TO ALLOW BETTER ABSORPTION + D3
MAGNESIUM	YES		ZINC FOR BETTER ABSORPTION
PROBIOTICS	NO		EARLY MORNING BEFORE BREAKFAST OR AT NIGHT BEFORE BED
VITAMIN C	NO		ENHANCES IRON ABSORPTION
CALCIUM	YES		VITAMIN D/ DONT EAT FIBROUS MEALS
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		TAKE WITH EACH MEAL
CHLORELLA	YES		FIRST THING IN THE MORNING
INOSITOL	YES		W/ BREAKFAST & DINNER
DIM	YES		
BIO FLAVANOIDS	YES		
SPIRULINA	NO		
TART CHERRY EXTRACT	NO		
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			

= night

= afternoon

= morning or night

= morning