

User's Guide to Supplement Timing



DAYTIME

NIGHTTIME

THESE SUPPLEMENTS ARE BEST TAKEN WITH FOOD:



Chlorella	Zinc
Psyllium	Lignans
Krill Oil	Vitamin C
Multivitamin	Vitamin K2
Saw Palmetto	Vitamin D
Curcumin/Turmeric	
Methylsulfonylmethane (MSM)	

THESE SUPPLEMENTS ARE BEST TAKEN WITH FOOD:



Iodine	Digestive Enzymes
Ubiquinol	Fermented Mushroom
Vitamin E	Fermented Chlorella
Astaxanthin	
Fermented Garlic	
Spores or Soil Based Organisms	
Liver Health Supplements (<i>products containing NAC, Milk Thistle Extract</i>)	
Berberine and Pyrroloquinoline Quinone (PQQ)	

THESE SUPPLEMENTS CAN OR SHOULD BE TAKEN WITHOUT FOOD:



Calcium	Rhodiola
Probiotics	L-Arginine
Whey Protein	Fermented Ginseng
Fermented Beets	Grape Seed Extract
Vitamin B Complexes	
Joint Health (<i>products containing Eggshell Membrane and Hyaluronic Acid</i>)	

THESE SUPPLEMENTS CAN OR SHOULD BE TAKEN WITHOUT FOOD:



Collagen
Magnesium
Resveratrol
Fermented Ginger
Apple Cider Vinegar (ACV)
Eye Health Supplements (<i>products containing Lutein and Zeaxanthin</i>)

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