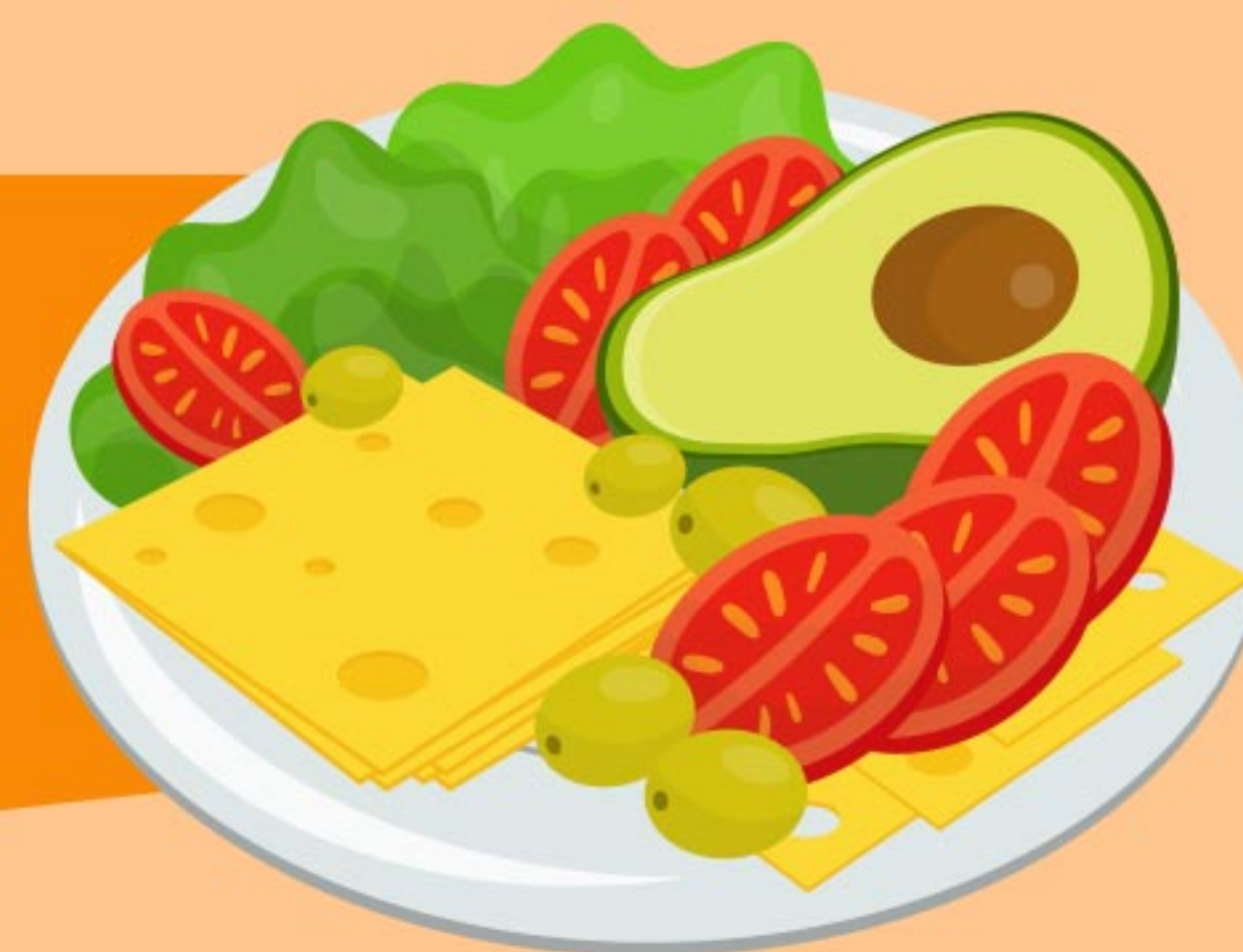




When taking supplements, most people only think about the proper dosage. But did you know that timing can make or break the efficiency of certain supplements too? If you're unsure of the best times to take your supplements, here is a simple guide that provides some general recommendations.

DAYTIME



KRILL OIL



- ▶ Delivers essential antioxidants and omega-3 fatty acids directly to your body's cells in the form of phospholipids.
- ▶ Not recommended for people who are allergic to shellfish, suffering from blood coagulation disorder or taking anticoagulants.

THESE SUPPLEMENTS ARE BEST TAKEN WITH FOOD:

ZINC



- ▶ An essential trace mineral that helps support normal cellular growth, metabolic rate, immune function and gene expression. Pair zinc with selenium for synergistic benefits.
- ▶ Avoid taking zinc with calcium and/or iron, since these nutrients can negatively impact zinc absorption.

MULTIVITAMIN



- ▶ Contains a wide array of vitamins and minerals that provide numerous health benefits, such as better heart health, stronger immune system and healthier vision.
- ▶ Since it contains a mixture of fat- and water-soluble vitamins, it's best to take half of its recommended dosage with breakfast, then take the remaining half dose with dinner.

CHLORELLA



- ▶ A natural detoxifier that can help improve your digestive system, regulate blood sugar levels, support proper liver function and maintain normal blood pressure levels.
- ▶ Start taking it with your breakfast to enjoy its benefits at start of your day.

VITAMIN C



- ▶ Helps keep your eyes, skin and heart healthy while boosting your immune system.
- ▶ Taking vitamin C on an empty stomach may cause stomach upset and nausea, so it's best to take it after breakfast with a full glass of water.

CURCUMIN/TURMERIC



- ▶ Provides antioxidant properties that can help reduce oxidative stress, improve brain health, maintain normal cholesterol levels and support proper gallbladder function.
- ▶ Not recommended for pregnant women, as well as people with diabetes, bleeding problems, gallbladder issues, iron deficiency and stomach disorders.

METHYLSULFONYLMETHANE (MSM)



- ▶ Helps maintain the strength of your bones, the elasticity of your skin and the flexibility of your muscles and joints.
- ▶ It's best to complement this supplement with a sulfur-rich diet, which includes cruciferous vegetables, alliums and edible stalks and stems.
- ▶ Best taken in the morning with food to help prevent upset stomach.

LIGNANS



- ▶ Useful for women who are experiencing perimenopausal and menopausal symptoms.
- ▶ This supplement helps reduce the occurrence of hot flashes and mood swings, promote hormonal balance and protect estrogen-related organs against diseases.

PSYLLIUM



- ▶ An excellent source of soluble and insoluble dietary fibers, which help maintain healthy bowel movement and improve gastrointestinal health.
- ▶ Best taken two hours after a meal, with a full glass of water.

VITAMIN D



- ▶ Supports a variety of systems and functions in your body, including your heart, immune system and mental well-being, among others.
- ▶ It also helps improve bone health if taken with calcium and vitamin K2.
- ▶ Don't forget to get your daily dose of sunlight to further optimize your vitamin D levels.

VITAMIN K2



- ▶ A fat-soluble vitamin that helps maintain healthy blood clotting, increase bone strength and improve cardiovascular health.
- ▶ Best taken with vitamin D and calcium to further improve your heart and bone health.

VITAMIN B COMPLEXES



- ▶ Contains water-soluble B vitamins that work together to support brain function, digestion, skin and eye health, energy production and more.
- ▶ Choose a B vitamin complex that contains biologically active forms for optimal absorption.

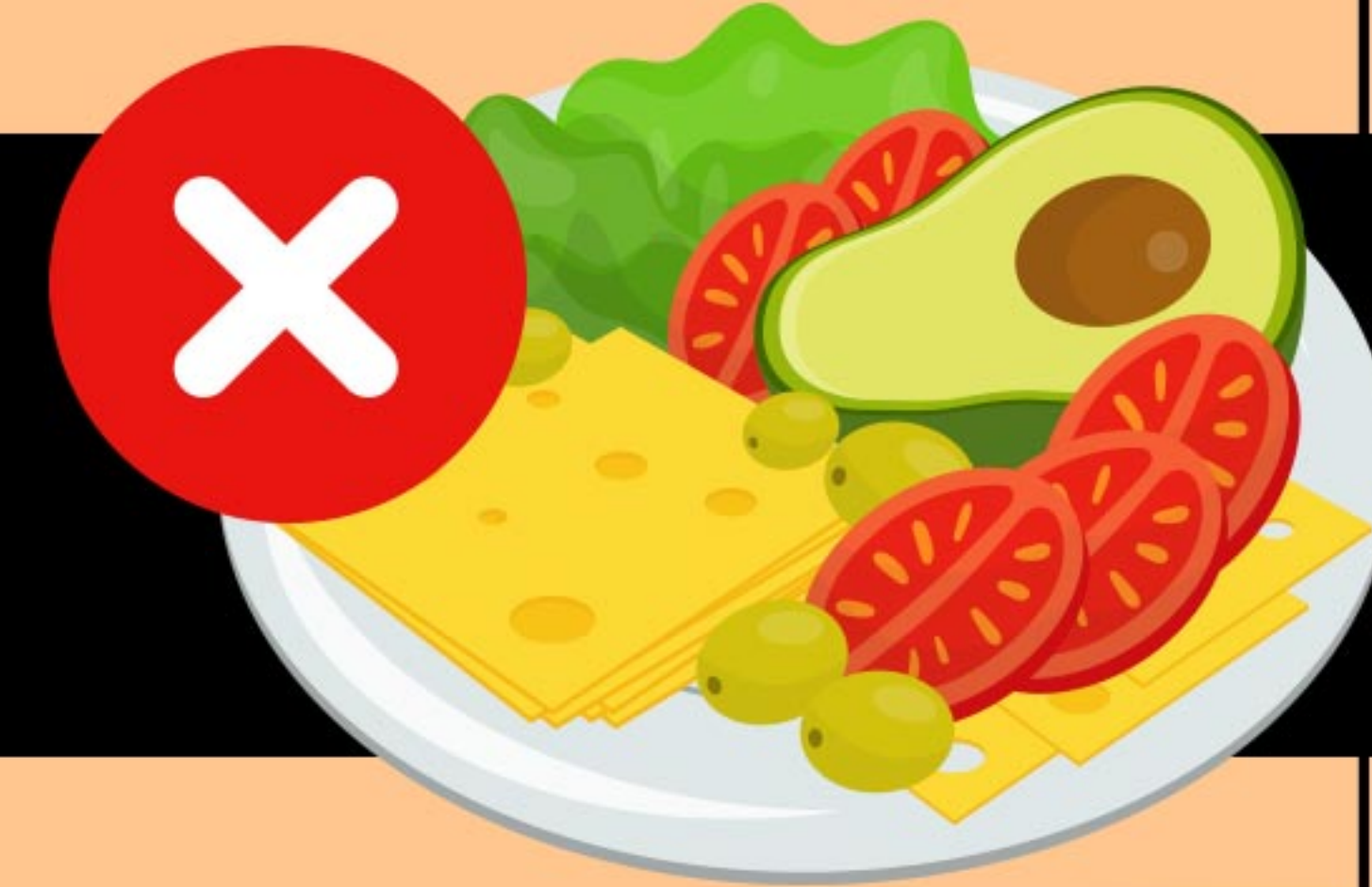
SAW PALMETTO



- ▶ Helps treat the symptoms of enlarged prostate.
- ▶ It also helps promote healthy libido and urinary tract function.
- ▶ Works hand in hand with lycopene to help improve prostate health.

DAYTIME

THESE SUPPLEMENTS CAN OR SHOULD BE TAKEN *WITHOUT* FOOD:



PROBIOTICS



- ▶ Helps maintain healthy gut flora, which is not only essential for your gastrointestinal tract, but for your immune system and mental health as well.
- ▶ To fully obtain the benefits of this supplement, take on an empty stomach, about an hour before your first meal of the day.

GRAPE SEED EXTRACT



- ▶ Grape seed extract provides high levels of antioxidants.
- ▶ Helps maintain normal blood pressure levels and proper blood flow throughout the body by supporting healthy dilation of the blood vessels.

FERMENTED BEETS



- ▶ Helps detoxify your body, improve cellular health, promote healthy blood flow and increase athletic performance.
- ▶ Beet supplements reach peak efficiency several hours after consumption, so it's recommended to take it two hours before a workout.

WHEY PROTEIN



- ▶ Whey protein helps boost athletic performance and aids in muscle recovery. It may also help increase metabolic rate, lower blood glucose levels and reinforce the immune system.
- ▶ It's best to take whey protein an hour after workout, when the process of repairing and building muscles is at its peak.

FERMENTED GINSENG



- ▶ A natural adaptogen that can help boost your energy levels and immune function. It also has antioxidant, anti-stress, anti-aging and anti-fatigue properties.
- ▶ Not recommended for people who are taking blood thinners, stimulants, antidepressants and medications for diabetes, blood pressure and heart disorders.

L-ARGININE



- ▶ A semi-essential amino acid that can help improve your cardiovascular health and support your immune system.
- ▶ Best taken in the morning and at night.
- ▶ L-arginine is not suitable for people with herpes infection, since it inhibits the absorption of lysine, which is another amino acid that can help fight the herpes virus.

RHODIOLA



- ▶ Commonly used by athletes to help protect the muscles during exercise and boost mental and physical performance.
- ▶ Rhodiola may also help improve heart health and reduce occasional fatigue.

JOINT HEALTH (PRODUCTS CONTAINING EGGSHELL MEMBRANE AND HYALURONIC ACID)



- ▶ Helps maintain the mobility and flexibility of your joints by providing them with the building blocks for cartilage and a steady blood supply.
- ▶ You can pair this with calcium and magnesium L-threonate for better bone health.

CALCIUM



- ▶ Take with Vitamins D3 and K2. Vitamin D helps improve calcium absorption, while vitamin K2 helps keep calcium where it's most beneficial: in the bones.
- ▶ Combine these three essential bone-building nutrients to help boost bone strength and density.

NIGHTTIME

THESE SUPPLEMENTS ARE BEST TAKEN WITH FOOD:



IODINE



- ▶ An essential trace mineral that helps support normal growth and development.
- ▶ It also helps regulate the function of the thyroid glands, support bone and brain health, and maintain proper metabolic rate.
- ▶ Taking this with lunch may help boost your energy levels during the day, when you need it the most.

VITAMIN E



- ▶ A fat-soluble antioxidant that helps prevent the negative effects of free radicals.
- ▶ It also helps support the production of red blood cells, reinforce your immune system and optimize your body's use of vitamin K.

ASTAXANTHIN



- ▶ A powerful antioxidant that's 65 times stronger than vitamin C and 54 times more potent than beta-carotene.
- ▶ Helps optimize brain function, boost strength and stamina, and protect cells against free radicals.
- ▶ Best taken with healthy fats for maximum absorption.

FERMENTED MUSHROOM



- ▶ Choose a complex that contains a variety of mushroom species that provides adaptogens, antioxidants, detoxifying agents, amino acids and other essential minerals.
- ▶ Supports proper immune function, normal cellular growth and healthy digestive system.
- ▶ Best taken before the largest meal of the day.

SPORES OR SOIL BASED ORGANISMS



- ▶ Take care to choose a supplement that contains at least 3 species of high quality soil based spores.
- ▶ Supports the growth of good bacteria and helps reseed probiotics in the gut.

UBIQUINOL



- ▶ A rare, lipid-soluble antioxidant derived from coenzyme Q10.
- ▶ It helps prevent mitochondrial damage by protecting your cells against free radicals.

FERMENTED GARLIC



- ▶ Helps support immune function while maintaining normal levels of blood pressure and cholesterol.
- ▶ Take garlic before a meal to enjoy its optimal benefits.

DIGESTIVE ENZYMES



- ▶ Helps relieve abdominal discomfort and improve gastrointestinal health by optimizing the digestive process.
- ▶ Take this with the largest meal of the day to make the most out of the digestive aid that it provides.

FERMENTED CHLORELLA



- ▶ Take your second dose of Chlorella with your last meal of the day

BERBERINE AND PYRROLOQUINOLINE QUINONE (PQQ)



- ▶ Helps optimize your mitochondrial and metabolic health.
- ▶ These supplements also help improve your gut flora, cognitive function, insulin sensitivity and cardiovascular health.

LIVER HEALTH SUPPLEMENTS (PRODUCTS CONTAINING NAC, MILK THISTLE EXTRACT)



- ▶ Helps protect your liver against the negative effects of pollutants and stressors.
- ▶ It also supports your body's detoxification process and helps restore optimal glutathione levels.

NIGHTTIME

THESE SUPPLEMENTS CAN OR SHOULD BE TAKEN *WITHOUT* FOOD:



FERMENTED GINGER



- ▶ Helps promote digestive health and relieve gastrointestinal problems, such as bloating, gas and abdominal discomfort.
- ▶ Ginger is recommended to be taken twice a day, you can pair with curcumin to get higher levels of antioxidants.

MAGNESIUM



- ▶ An essential mineral that's involved in more than 600 different physiological processes in the body.
- ▶ It helps promote bone health, detoxification, energy metabolism and glutathione synthesis.
- ▶ Magnesium also helps your body and brain relax, so it's best to split its dosage between evening and bedtime.

RESVERATROL



- ▶ Contains pulverized grape seeds, which are an excellent source of resveratrol.
- ▶ Resveratrol is a powerful antioxidant that can help protect your immune system, nervous system, brain, DNA and other body parts from free radicals.

APPLE CIDER VINEGAR (ACV)



- ▶ Organic ACV may help balance your body's pH levels, improve metabolic and digestive health, maintain healthy cognitive function and support your body's detoxification process.
- ▶ Take ACV with a meal to help aid in digestion or at night on an empty stomach to optimize apple cider vinegar's thermogenic properties.
- ▶ Be sure to dilute ACV with water to reduce its acidity.

EYE HEALTH SUPPLEMENTS (PRODUCTS CONTAINING LUTEIN AND ZEAXANTHIN)



- ▶ Lutein and zeaxanthin are powerful antioxidants that may help protect your eyes against damage caused by free radicals.
- ▶ They also help maintain proper eye pressure levels and optimum visual acuity.

COLLAGEN



- ▶ Helps keep your skin, nails, hair, muscles, blood vessels and other organs in great shape.
- ▶ You can take this with MSM and vitamin C to further boost your body's collagen production.