



Amino Trialing Record from *The Craving Cure* by Julia Ross

Below the supplements (and their standard starting dose) make a record of any trial, including date: 1) the number of mg in your trial dose; 2) what time you trialed; 3) how many minutes later you noticed a response. 4) describe your reaction in as much detail as possible. 5-HTP example: 25mg (I took half a 50 mg capsule to be cautious) at 5 PM. After 5 minutes, no reaction to 1. Ten minutes later, felt happy 5 minutes after taking 2. Do not reintroduce an item if you still crave it. Work on eliminating the craving totally first.

Date: _____

5HTP: 50mg

Tryptophan: 500mg

GABA: GABAcalm, 125mg, or Theanine: 100mg

Tyrosine: 500mg or L-Phenylalanine: 500mg

Glutamine: 500mg

DLPA: 500mg

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DPA: 500mg

Melatonin: 1mg or 3mg

HCL (Hydrochloric Acid): 1, 2, 3, 4, 5, 6, 7 (circle the number of capsules taken with a meal)

Zinc-Tally

Other Supplements Tried
