



# Supplement Schedule

from *The Craving Cure* by Julia Ross

Date: \_\_\_\_\_

	BEFORE BREAKFAST	BEFORE LUNCH	MID- AFTERNOON	BEFORE DINNER	NIGHT- TIME
<b>AMINOS</b> (does as per Ch. 11)	_____	_____	_____	_____	_____
Tryptophan 500mg	_____	_____	_____	_____	_____
5-HTP 50mg	_____	_____	_____	_____	_____
Glutamine 500mg	_____	_____	_____	_____	_____
D-Phenylalanine (DPA) 500mg	_____	_____	_____	_____	_____
DL-Phenylalanine (DLPA) 500mg	_____	_____	_____	_____	_____
Total Amino Solution	_____	_____	_____	_____	_____
GABAcalm 125mg	_____	_____	_____	_____	_____
GABA 200–250mg	_____	_____	_____	_____	_____
GABA 500mg	_____	_____	_____	_____	_____
Theanine 100mg	_____	_____	_____	_____	_____
Tyrosine 500mg	_____	_____	_____	_____	_____
L-Phenylalanine 500mg	_____	_____	_____	_____	_____
Melatonin Instant	_____	_____	_____	_____	_____
Melatonin 2 Stage	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
<b>SUPPORT NUTRIENTS</b>					
True Balance	_____	_____	_____	_____	_____
Vitamin C, 1,000mg caps	_____	_____	_____	_____	_____
Fish Oil	_____	_____	_____	_____	_____
*Vitamin D	_____	_____	_____	_____	_____
*Lecithin	_____	_____	_____	_____	_____
<b>OTHER SUPPLEMENTS</b>					
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

\*If you take Carlson’s Cod Liver Oil, it includes Vitamin D (and Vitamin A in safe amounts). Otherwise take Vitamin D if your tested levels are low. If you have no gallbladder or do not eat at least 7 eggs per week, take Ox biles or one tablespoon of soy leci- thin as needed with every fatty meal.