

Name: _____ 5- week Digestive and Metabolic Reset 2020 _____
 Daily Supplement Dosing Schedule Date: Jan 7, 2020

Time of day	Supplement	Notes/Function
Before Getting out of bed if you wake between 1 – 6:30 am	Thyroid medication	
Breakfast 6 – 830 AM (within 45 mins of rising)	4 Pure Form Omega (plant-based omega 3 pure omegas) or 2 clear omegas (marine based)	Extra strength Plant-based caps to aid weight loss, moisten skin, improve mood, reduce cravings, aid digestion
	Shake in water and drink as your morning drink – can add ice (optional): <ul style="list-style-type: none"> • 3/4 scoop clear marine collagen – 15 grams of collagen • One serving protein • 1/2 scoop clear recovery – flavored – contains 5 grams creatine and BCAA formula and other nutrients 	This is my suggested alternative to intermittent fasting – it is carb and fat free but contains protein and amino acid to maintain muscle, gut, brain, thyroid and metabolism. Read more about the benefits here scroll down to read product description. https://shop.drnatashaturner.com/the-hormone-diet-alternative-to-intermittent-fasting-optimal-breakfast-choice-for-women-as-featured-on-marilyn-denis-september-18th-approximately-30-day-supply-depending-on-your-selections/
	1 - 5000 IU of vitamin D3	Vitamin D for weight loss success, immunity, hormone balance, bone health, cancer protection and more!
	4 Candicid Forte Ortho Molecular	Removes bad bacteria – removes yeast, harmful bacteria, bloating, gas, indigestion and many other digestive issues. Great for a flat belly!
	1 clear Flora – Box	Good bacterial supplement to restore healthy gut balance, immunity, wellness, aid digestion overall
	Optional: 2 Clear Digest for bloating and digestion, absorption of nutrients	
Lunch 10:30 – 12:30	Meal containing any permitted food and 2 cups of cooked veggies and your protein serving Optional: 2 Clear Digest for bloating and digestion, absorption of nutrients	
Midday 2 or 4 pm	Suggested Meal on the go option like: <ul style="list-style-type: none"> • B-Up Bar • Meal Replacement – 1 serving clear complete (whey or plant based) missed with one 	Option for protein shake for fat loss, craving control, maintaining muscle The Bar and the shake keep you on track with your meal selection and timing of meals when you are not able to get the proper food options.

	<p>additional serving of protein (whey or pea-based) in shaker cup</p> <ul style="list-style-type: none"> • Or any permitted food <p>Optional: 2 Clear Digest for bloating and digestion, absorption of nutrients</p>	
Dinner	<p>Meal containing any permitted food and 2 cups of cooked veggies and your protein serving</p> <p>Optional: 2 Clear Digest for bloating and digestion, absorption of nutrients</p>	
Before bed (no food)	5 Clear Detox – digestive health	Digestive detox, sleep, cravings
	1 to 3 Magnesium glycinate - increase dose slowly to bowel tolerance	Assist sleep, reduce anxiety, aid digestion, reduce blood pressure, improve water and electrolyte balance (ICW), constipation,
	1 Clear Zinc 50 –weight loss, gut health immunity	High potency zinc for weight loss, hormonal balance, metabolism, skin, immunity and to replace deficiency
	Optional: if you have had chronic digestive issues for a long time or any type add Clear Leaky Gut one serving to the water that you take these pills	To repair gut wall. Coats and heals the gut wall, restores gut immunity. Take this product for 120 days to fully repair the gut wall and immune system.