

Heather's Insomnia Vitamin List

	Breakfast	Lunch	Dinner or Bedtime	
Xymogen " CortisolV "*	2		2	DOUBLE D 8-3-18
Lavela *	1		1	Integrative Therapeutics Added 8-3-18
Metagenics Serenegen *	2	2	2	Added 8-3-18
"SeriPhos"		1	1 at bedtime	
Controlled Release Melatonin 5 mg			1	See label for timing for bedtime
Integrative Therapeutics " Cortisol Manager "			2 at bedtime	2 at 8:30 PM
Target GbX probiotic		1 sachet w lunch		Research-based mood support probiotic. Klaire Labs
Neuro Mag			2	2 bedtime
Omega-3		1	1	Xymogen "OmegaPure 900 EC" omega 3 index 6.4 (goal 8-12)
GLA (fatty acid)		1	1	Metagenics GLA 240
Tryptophan		2	1	Klaire Labs
NAC	1	1		Xymogen to help detox and help raise glutathione
L-Glutamine powder		1 scoop (4 g)		Xymogen to help detox and help raise glutathione
Tart Cherry juice				2 oz/day

* take at least 30 mins before a meal or 2 hrs after for better absorption

Rx: Synthroid 100 mcg (morning) and 200 mg of progesterone (at bedtime)

*Note, I cannot take Calcium, Vitamin D, or Vitamin B6 because I have Hypophosphatasia, and my body doesn't have the enzyme needed (ALP) to process those vitamins.