

# SUPPLEMENT TIMING

Supplement	Morning	Afternoon	Evening	Before Bed	Considerations
Melatonin				✓	Without food
NAC	✓	✓	✓	✓	With or without food
EFA's: Omega 3's and 6's	✓	✓	✓		With food
Probiotics	✓	✓	✓		Empty stomach 30 mins before meal
TUDCA	✓	✓	✓	✓	With or without food
Vitamin A, D, E, K	✓	✓	✓		With food
Vitamin C	✓	✓	✓	✓	With or without food
Vitamin B1 (Thiamine)	✓		✓		With food
Vitamin B2 (Riboflavin)	✓	✓			With food
Vitamin B3 (Niacin)	✓	✓			With food
Vitamin B5 (Pantothenic Acid)	✓	✓			With food
Vitamin B6 (Pyridoxine)	✓	✓		✓	With or without food
Vitamin B7 (Biotin)	✓	✓			With food
Vitamin B8 (Inositol)	✓	✓		✓	With or without food
Vitamin B9 (Folate)	✓	✓			With food
Vitamin B12 (Cobalamin)	✓	✓			With food

# Guide To Taking Supplements

**Shasha Hu**



## **Guide To Taking Suppliments:**

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