

<b>Product Name</b>	<b>Quantity</b>	<b>Notes</b>
CalMag	3 tablets	evening
Zinc	1 tablet	afternoon or evening
Magesium Complex	1 tablet	afternoon or evening
BioTone	4 tablets	before bed on an empty stomach

**Good Program**

---

**Better Program**

---

**Best Program**

---

**Recommended Diet/Notes:**

---