

Name: _____ 4 -Week Supercharge Your Thyroid _____		Daily Supplement Dosing Schedule	Date: Feb 2015
Time of day	Supplement	Notes/Function	
On rising (no food) –	2 Clear Metabolism – Thyroid support	Good bacterial supplement to restore healthy gut balance, immunity, wellness, aid digestion overall	
	2 Clear Flora – High Potency Probiotic Formula – keep in fridge		
breakfast	2 Clear Omega - high potency extra strength fish oil capsules	Cravings, weight loss, inflammation, brain, mood, metabolic support, fat loss,	
	Recommended: 5 capsules or drops of 1000IU Vitamin D3 – 5000IU dose per day	Weight loss, thyroid hormone activity, mood, weight loss, success, cancer protection	
Lunch	1 pack of clear detox – hormonal health	Energy, metabolism, cravings, liver detox, estrogen balance, mood, inflammation, improves thyroid hormone activity by reducing estrogen and inflammation	
Afternoon meal			
Dinner OR BEDTIME			
Before bed (no food)	2 Clear Omega - high potency extra strength fish oil capsules	Cravings, weight loss, inflammation, brain, mood, metabolic support, fat loss,	
	Recommended: 3 C Colon Cleanse (Biomed) for bowel detox, constipation, bloating, weight loss and cleansing		

Treatment Specifics:

- 1.) Remember you need 35 grams of fiber per day. A fiber Supplement is a necessity. I have included Clear Fiber in the Thyroid Supercharge Kit. You can add 1 to 2 scoops to your smoothies, or drink in water before a meal or at bedtime. Add ground chia and flaxseeds to your meals – 2 to 3 tbsp.
- 2.) This supplement program should be used in conjunction with the Supercharge your nutrition plan. Increase your success with the purchase of our 4 –week coaching program that can be completed either on the phone or via Skype.