



DOSING SHEET – *check or write the desired dosing*

NeuroReplete Protocol	Recommended Starting Dose for NeuroReplete				
	CHECK HERE	MORNING	NOON	LATE AFTERNOON	EVENING
		4 NeuroReplete		4 NeuroReplete	
			2 CysReplete*	2 CysReplete*	2 CysReplete*

OR

D5 Protocol	Recommended Starting Dose for D5				
	CHECK HERE	MORNING	NOON	LATE AFTERNOON	EVENING
		4 D5		4 D5	
			2 CysReplete*	2 CysReplete*	2 CysReplete*

OR

Alternate Protocol	Write in the number of pills or grams of powder to take at each time				
		MORNING	NOON	LATE AFTERNOON	EVENING
NeuroReplete					
RepleteExtra					
D5					
TyrosineReplete					
Mucuna 40%					
5-HTP 98% Pure					
CysReplete*			2 Pills	2 Pills	2 Pills

*CysReplete (2 pills, 3 times a day) is recommended when taking NeuroReplete or D5 to avoid sulfur amino acid depletion.

Any questions regarding products or dosing should be directed to your healthcare provider.

Weekly Supplement Progress

Please write in the dosing as it appears on the opposite page.

For each day, please write the actual time that the supplements were taken.

*CysReplete (2 pills, 3 times a day) is recommended when taking NeuroReplete or D5 to avoid sulfur amino acid depletion.

► **DATE** _____ Day of the Week _____

Daily Notes _____

	MORNING	NOON	L.AFTERNOON	EVENING
NeuroReplete				
RepleteExtra				
D5				
TyrosineReplete				
Mucuna 40%				
5-HTP 98% Pure				
CysReplete*		2 Pills	2 Pills	2 Pills

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Daily Notes _____

	MORNING	NOON	L.AFTERNOON	EVENING
NeuroReplete				
RepleteExtra				
D5				
TyrosineReplete				
Mucuna 40%				
5-HTP 98% Pure				
CysReplete*		2 Pills	2 Pills	2 Pills

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RepleteExtra				
D5				
TyrosineReplete				
Mucuna 40%				
5-HTP 98% Pure				
CysReplete*		2 Pills	2 Pills	2 Pills

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D5				
TyrosineReplete				
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RepleteExtra				
D5				
TyrosineReplete				
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5-HTP 98% Pure				
CysReplete*		2 Pills	2 Pills	2 Pills

Additional Notes:

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.