



# 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

► **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

► **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

► **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

► **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

► **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

► **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

### Additional Notes:

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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.