

# 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%				
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%				
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%				
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%				
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%				
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%				
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%				
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%				
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.