CHK NUTRITION

Scientifically Researched · Premium Ingredients · Reliably Delivered

An Overview of CHK Nutrition's Amino Acid Dosing

START STEPS 1 AND 2 AT THE SAME TIME.

STEP 1

Always use CysReplete.

Noon	Late Afternoon	Evening
2 pills CysReplete	2 pills CysReplete	2 pills CysReplete

*We recommend taking the first dose at noon to reduce the likelihood of heartburn or stomach distress. If a patient experiences heartburn or GI upset, refer to the information on managing side effects or contact CHK Nutrition.

STEP 2

Choose D5 for balanced overall support.
Choose NeuroReplete if you plan to individualize.

*Do not use D5 and NeuroReplete at the same time.

Morning	Late Afternoon
4 pills D5	4 pills D5

OR

Morning	Late Afternoon
4 pills NeuroReplete	4 pills NeuroReplete

Do not add additional support until at least one week has passed. This will allow enough time to determine if more support is appropriate.

STEP 3a

Do you want additional amino acid support?
If yes, add 4 RepleteExtra.

*Do not initiate until at least one week after starting step 2.

Noon	Late Afternoon	Evening
4 pills - Choose D5 or NeuroReplete	4 pills - Choose D5 or NeuroReplete	4 pills - RepleteExtra

Do not add additional support until at least one week has passed. This will allow enough time to determine if more support is appropriate.

STEP 3b — Do you want even more amino acid support? If yes, add 4 more RepleteExtra.

*Do not initiate until at least one week after starting step 3A.

Morning	Noon	Late Afternoon	Evening
4 pills - Choose D5 or NeuroReplete	4 pills - Choose D5 or NeuroReplete	4 pills - RepleteExtra	4 pills - RepleteExtra

Do not add additional support until at least one week has passed. This will allow enough time to determine if more support is appropriate.

STEP 4 — Do you plan to individualize?

Select any of the following as you determine appropriate. Dosing and amounts are determined by you.

TyrosineReplete

Mucuna 40%

IMPORTANT: If your patients will be using powders, they should have a highly accurate scale. CHK Nutrition offers several reasonably priced, highly accurate scales