

# DAILY SUPPLEMENT PROTOCOL

## Timing Schedule & Interaction Guide

Last updated: May 2026

### Protocol Overview

This protocol targets four interconnected axes: gut microbiome restoration (SCFA production, bile acid metabolism), mitochondrial energy support, circadian rhythm entrainment, and neurological optimisation (focus, anxiety, cognitive function). Supplements are timed to maximise absorption, avoid interactions, and align with circadian biology.

Total daily: ~18-22 capsules/tablets + creatine powder + resistant starch powder + L. reuteri yoghurt. Spread across 5 windows. Lactoferrin and colostrum are temporary (2-3 months) during gut establishment.

### Daily Timing Schedule

TIME	SUPPLEMENT	DOSE	NOTES
<b>WINDOW 1: On Waking (Empty Stomach) ~ 7:00-7:30 AM</b>			
Immediately	NAC	600mg	Empty stomach for best absorption
Immediately	Quercetin + Bromelain	500mg + 500mg	Empty stomach for systemic (not digestive) effect
20 min	Morning bright light	10,000 lux	Replaces early coffee for alertness
<b>WINDOW 2: Breakfast (With Fat) ~ 7:30-8:00 AM</b>			
With food	CoQ10 (ubiquinol)	200mg	Requires dietary fat for absorption
With food	Vitamin D3	2000-4000 IU	Fat-soluble; AM to avoid melatonin suppression
With food	B1 / Benfotiamine	150mg	Energising; upstream of Krebs cycle
With food	B12 Methylcobalamin	1000mcg sublingual	Dissolve under tongue, don't swallow
With food	Riboflavin (B2)	25mg	Supports Complex II

			of ETC
<b>With food</b>	Selenium	200mcg	Selenomethionine form preferred
<b>With food</b>	Inositol	2-4g powder	In water/smoothie; lower dose on microdose days
<b>With food</b>	L-Carnitine	1g	Mildly stimulating; fatty acid shuttle
<b>With food</b>	Miyarisan	3 tablets	C. butyricum; direct butyrate production
<b>With food</b>	Creatine monohydrate	5g in water	Timing flexible; consistency matters
<b>With food</b>	Resistant starch	5-15g	Potato starch in smoothie/yoghurt (not heated); ramp up slowly
<b>With food</b>	Lactoferrin	200-300mg	TEMP 2-3 months; antimicrobial + gut barrier repair
<b>With food</b>	Colostrum	2-5g powder	TEMP 2-3 months; IgG/IgA + gut lining; first-milking >25% IgG
<b>With food</b>	L. reuteri yoghurt	1/2 cup	Homemade from BioGaia Gastrus; gut + immune health
<b>WINDOW 3: Mid-Morning ~ 9:30-10:00 AM</b>			
<b>9:30-10am</b>	Coffee #1 + L-Theanine	Coffee + 200mg	90+ min after waking; after supplements absorb
<b>~10:30am</b>	Florastor	1 capsule	S. boulardii; polyamine + anti-TNF
<b>~10:30am</b>	Align	1 capsule	B. longum 35624; AhR ligands + BSH activity
<b>~10:30am</b>	L. plantarum 299v	1 capsule	Jarrow Ideal Bowel Support; gut barrier + BSH

<b>WINDOW 4: Afternoon ~ 12:30-2:00 PM</b>			
<b>12:30-1pm</b>	Coffee #2 + L-Theanine	Coffee + 200mg	LAST CAFFEINE by 2pm
<b>With lunch</b>	Zinc	25-50mg	With food to prevent nausea; away from Mg
<b>With lunch</b>	NAC	600mg	Second dose; short half-life (~6hr)
<b>With lunch</b>	L-Carnitine	1g	Second dose; not too late
<b>With lunch</b>	Taurine	1-1.5g	First dose; bile acid conjugation + cardiac
<b>WINDOW 5: Evening (30-60 min Before Bed) ~ 9:30-10:00 PM</b>			
<b>Before bed</b>	Magnesium glycinate	200-400mg elemental	Systemic Mg; ATP, energy metabolism, electrolytes
<b>Before bed</b>	Magnesium L-threonate	Per label (~48mg Mg)	Brain-bioavailable; crosses BBB
<b>Before bed</b>	Melatonin	3mg	Circadian + mitochondrial antioxidant
<b>Before bed</b>	Taurine	1-1.5g	Second dose; GABAergic calming for sleep
<b>Before bed</b>	Miyarisan	3 tablets	Second dose; C. butyricum

## Coffee Protocol

Delay first coffee to 90-120 minutes after waking. Cortisol peaks naturally in the first 30-60 minutes; caffeine during this window builds tolerance faster and blunts the cortisol awakening response. Coffee also chelates minerals (zinc, selenium, magnesium) so must be separated from supplement windows.

COFFEE	TIME	PAIR WITH
Coffee #1	9:30-10:00 AM	L-Theanine 200mg
Coffee #2	12:30-1:00 PM	L-Theanine 200mg
<b>Hard cutoff</b>	<b>2:00 PM</b>	Caffeine half-life ~5-6hr; must clear for sleep stack

## Microdose Day Modifications

LSD acts primarily on 5-HT2A serotonin receptors with secondary dopaminergic activity. Several supplements in this stack interact with these pathways:

SUPPLEMENT	INTERACTION	ADJUSTMENT
<b>Inositol</b>	Modulates 5-HT2A receptor sensitivity; may blunt microdose effects at higher doses	Reduce to 2g or skip on dose days
<b>Quercetin</b>	Inhibits CYP3A4; may slow LSD clearance and increase duration/intensity	Monitor; reduce microdose if stronger
<b>NAC</b>	Glutamate modulation may dampen psychedelic effects; anecdotal reports	Consider skipping on dose days or separating by hours
<b>L-Theanine</b>	GABAergic calming complements microdose; smooths out overstimulation	No change needed; beneficial pairing
<b>Caffeine</b>	Both increase dopaminergic activity; combined stimulation can be excessive	Delay first coffee further on dose days

## Key Interaction Rules

### Absorption Conflicts

- Zinc and magnesium **compete for absorption transporters** — separated by ~8 hours (afternoon vs evening)
- Coffee chelates minerals (**zinc, selenium, iron, magnesium**) — separated from all mineral supplements by 30-60 min
- Fat-soluble supplements (CoQ10, vitamin D, selenium) **require dietary fat** — always take with breakfast containing eggs, avocado, nuts, or olive oil
- **NAC absorbs best on empty stomach** — first dose pre-breakfast; second dose can be with light food
- **Quercetin + bromelain absorb best on empty stomach for systemic effects** — with food, bromelain acts as digestive enzyme instead

### Circadian Timing

- **B vitamins are energising** — morning only; can disrupt sleep if taken late
- **Vitamin D suppresses melatonin production** — morning only
- **Magnesium, melatonin, taurine are calming** — evening to support sleep and overnight hormonal recovery
- **Hormonal rhythms peak during deep sleep** — evening magnesium provides Mg-ATP for overnight cellular repair

### Liver Enzyme Notes

- Quercetin inhibits CYP3A4 and CYP2C9 — may increase bioavailability of curcumin and other CYP-metabolised compounds
- Get baseline liver function (ALT, AST, GGT) and kidney function (creatinine, eGFR) before starting; recheck at 8-12 weeks

## Complete Supplement Reference

SUPPLEMENT	DAILY DOSE	PRIMARY TARGET	BRAND NOTES
<b>MITOCHONDRIAL / ENERGY</b>			
CoQ10 (ubiquinol)	200-400mg	ETC Complex III/IV; cellular energy	Life Extension, Jarrow, or Thorne
B1 / Benfotiamine	150-300mg	Pyruvate dehydrogenase; upstream energy	Fat-soluble form preferred
Riboflavin (B2)	25mg	ETC Complex II	Any reputable brand

<b>Creatine monohydrate</b>	5g powder	Phosphocreatine ATP recycling; cognitive	Monohydrate only; other forms no benefit
<b>L-Carnitine</b>	2g (split)	Fatty acid shuttle into mitochondria	Acetyl-L-carnitine or L-carnitine tartrate
<b>ANTIOXIDANT / ANTI-INFLAMMATORY</b>			
<b>NAC</b>	1200mg (split)	Glutathione recycling; DNA protection	Skip or separate on microdose days
<b>Quercetin</b>	500-1000mg	NF-kB inhibition; senolytic; gut barrier	Take with bromelain for absorption
<b>Bromelain</b>	500mg	Enhances quercetin absorption; mild fibrinolytic	Look for 2400+ GDU/g
<b>MINERALS</b>			
<b>Magnesium glycinate</b>	200-400mg elemental	Systemic Mg; Mg-ATP; electrolyte balance	Check label for elemental Mg, not compound weight
<b>Magnesium L-threonate</b>	Per label (~48mg Mg)	Brain-bioavailable; sleep; cognitive	Low elemental Mg; don't rely on for systemic
<b>Zinc</b>	25-50mg	Immune function; enzyme cofactor; hormonal	Picolinate or citrate; <40mg long-term or add copper
<b>Selenium</b>	200mcg	Glutathione peroxidase; thyroid; gut microbiome	Selenomethionine form
<b>VITAMINS</b>			
<b>Vitamin D3</b>	2000-4000 IU	Immune modulation; hormonal; bone health	Take with K2 if not getting dietary K2
<b>B12 Methylcobalamin</b>	1000-2000mcg	Methylation; neurological; energy	Sublingual; NOT cyanocobalamin
<b>AMINO ACIDS / NEUROACTIVE</b>			
<b>Taurine</b>	2-3g (split)	Cardiac; bile acid conjugation; GABAergic; cellular	Powder or capsules
<b>L-Theanine</b>	200mg x2 (with coffee)	Alpha waves; blunts caffeine cortisol spike	Take only with coffee
<b>Inositol (myo-inositol)</b>	2-4g powder	Insulin signalling; 5-HT2A modulation; mood	Reduce on microdose days
<b>CIRCADIAN</b>			

<b>Melatonin</b>	3mg	Circadian entrainment; mitochondrial antioxidant	Low dose intentional
<b>Morning bright light</b>	10,000 lux / 20 min	Master clock entrainment; cortisol rhythm	Light therapy lamp or direct sunlight
<b>PROBIOTICS</b>			
<b>Miyarisan</b>	3 tablets 2x/day	C. butyricum MIYAIRI 588; direct butyrate	Antibiotic-resistant strain
<b>Florastor</b>	1 capsule/day	S. boulardii; polyamine; anti-TNF protease	Strain-specific; don't substitute
<b>Align</b>	1 capsule/day	B. longum 35624; indole-3-lactic acid (AhR); BSH; acetate	Fills Bifidobacterium gap in stack
<b>L. plantarum 299v</b>	1 capsule/day	BSH activity; gut barrier; plantaricin antimicrobials	Jarrow Ideal Bowel Support
<b>L. reuteri yoghurt</b>	1/2 cup/day	L. reuteri 6475; immune modulation; oxytocin; anti-inflammatory	Homemade from BioGaia Gastrus; 36hr ferment
<b>GUT BARRIER (TEMPORARY 2-3 MONTHS)</b>			
<b>Lactoferrin</b>	200-300mg/day	Iron-binding antimicrobial; promotes Bifido/Lacto; barrier repair	Reassess at 12 weeks
<b>Bovine colostrum</b>	2-5g powder/day	IgG/IgA immunoglobulins; growth factors; gut lining	First-milking; >25% IgG; reassess at 12 weeks
<b>PREBIOTIC / DIETARY</b>			
<b>Resistant starch</b>	5-15g (ramp up)	Feeds SCFA-producing Firmicutes; primary butyrate driver	Potato starch (baking aisle); cold/warm only; heat destroys RS
<b>Dietary fibre diversity</b>	From food	Microbiome diversity; SCFA variety	Onion, garlic, leeks, oats, mushrooms, berries
<b>Cruciferous vegetables</b>	Daily	Sulforaphane; DIM precursor; AhR activation	Broccoli, cauliflower, cabbage, kale

<b>Omega-3 rich foods</b>	Daily	Anti-inflammatory; cell membrane integrity	Fatty fish, walnuts, flaxseed
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## Monitoring & Blood Work

### Baseline (Before Starting)

- Liver function: ALT, AST, GGT
- Kidney function: creatinine, eGFR
- Hormones: testosterone, thyroid panel (TSH, fT3, fT4)
- Inflammatory: CRP, ESR
- Nutrients: vitamin D (25-OH), RBC magnesium, B12, zinc, ferritin
- Optional: gut microbiome test (Biomesight ~\$100-120 AUD)

### Recheck at 8-12 Weeks

- Repeat liver and kidney function (safety check for supplement load)
- Repeat hormonal panel and inflammatory markers
- Repeat gut microbiome test if done at baseline

## Lifestyle Factors

1. **Exercise:** 3-4 sessions/week moderate resistance training. Overtraining suppresses recovery via cortisol.
2. **Sleep:** Prioritise 7-9 hours. Hormonal recovery peaks during deep sleep. Evening stack (Mg, melatonin, taurine) supports this.
3. **Alcohol:** Even moderate consumption is dysbiotic and increases systemic inflammation. Minimise or eliminate.
4. **Diet:** Mediterranean-style. Diverse fibre, cruciferous vegetables, omega-3 rich foods, fermented foods. Limit processed foods and emulsifiers.

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*This protocol is based on mechanistic extrapolation from published research, not proven therapy. Consult a healthcare provider before starting. Track your data.*