

Supplement	When to Take	Avoid When	Do NOT Take With	Main Purpose	What to Look For
Magnesium (glycinate/threonate)	Evening / bedtime	Morning if sedating	Iron, calcium	Sleep, muscle, insulin sensitivity	Glycinate or threonate (not oxide)
Vitamin D3 + K2	Morning/lunch with fat	Empty stomach	—	Hormones, immune, bone	Always paired with K2, lab- guided dose
Omega-3 Fish Oil	With meals	Empty stomach	—	Inflammation, lipids, brain	High EPA/DHA, IFOS tested
Berberine	With meals	Empty stomach	Metformin (unless supervised)	Glucose, weight loss	500 mg capsules, quality brand
Chromium	With meals	Empty stomach	—	Cravings, glucose	Chromium picolinate
L-Carnitine	Morning or pre- workout	Evening	—	Fat metabolism, energy	Acetyl-L-carnitine or L- carnitine
CoQ10 (Ubiquinol)	Morning/lunch with fat	Evening	—	Mitochondria, energy	Ubiquinol form
B-Complex	Morning	Evening	—	Energy, brain	Methylated forms
Iron	Morning, empty stomach	With food/minerals	Calcium, magnesium, zinc, coffee	Fatigue if deficient	ONLY if labs confirm deficiency
Zinc	With food	Empty stomach	Iron, calcium	Immune, skin, hormones	15–30 mg; add copper if long-term

Selenium	With food	High doses	—	Thyroid, antioxidants	100–200 mcg only
Probiotic	Morning or bedtime	With hot drinks	Antibiotics (same time)	Gut health	Multi-strain, correct storage
Digestive Enzymes	With meals	Empty stomach	—	Digestion, bloating	Broad-spectrum formula
Creatine	Any time daily	Dehydration	—	Muscle, brain, longevity	Creatine monohydrate
NAC	Away from food	With meals	Minerals	Liver, glutathione	600–1200 mg capsules
Milk Thistle	With meals	—	—	Liver support	Standardized silymarin
Alpha Lipoic Acid	Empty stomach	With meals	Minerals	Insulin sensitivity, nerves	Stabilized R-ALA if possible
Ashwagandha	Evening	Morning if sedating	Thyroid meds (use caution)	Cortisol, stress	KSM-66 or Sensoril
Rhodiola	Morning	Evening	Stimulants	Fatigue, focus	Standardized extract
Collagen / Protein	Any time	—	—	Muscle, satiety, skin	Pair with leucine or full protein