

WHEN TO TAKE SUPPLEMENTS

Optimizing Supplement Absorption

	With Food	Without Food	Other precautions
Vitamin supplements (multivitamins, B complex, choline, A, D, E, K, iodine)	✓ (A, D, E, K best absorbed with fats)		
Zinc, C, Folate and B12	✓*	✓	*Take zinc only with food to prevent nausea
Iron Best absorbed if taken with vitamin C rich foods or Vit C supplements Take away from calcium or calcium rich foods & most medications			Best NOT to take Magnesium, Calcium, Zinc, Copper and Iron together as they 'compete' for absorption - however, you will find them together in many multivitamin supplements and this maybe unavoidable. Best not to drink green tea or red wine at the same time as iron supplement (tannins will reduce iron absorption)
Calcium	✓		
Magnesium	✓	✓	(with or w/o food)
Amino Acids (NAC*, L-glutamine, tyrosine, taurine, L-lysine)		✓	*NAC on an emptystomach may causeheartburn for someindividuals, take with foodif needed
Probiotics w/ lactobacillus and bifidobacterium		✓	
Probiotic w/ Sacc.Boulardii	✓	✓	(with or w/o food)
Digestive Enzymes and/or Ox Bile	✓ As you start to eatyour meal		
Betaine HCL	✓ In the MIDDLE of meals (not before or after)		
Bitters	✓10-15 min PRIOR to meals		