

Supplements(Template)

Having a vitamin or mineral deficiency will lower your quality of life and reduce performance across all domains. If you cannot get all of your vitamins and nutrients through food, you must supplement. Find what you are deficient in and supplement it.

Supplement 1

- Dosage procedure
 - benefit
 - benefit
 - benefit

Supplement 2

- Dosage procedure
 - benefit
 - benefit
 - benefit

Supplement 3

- Dosage procedure
 - benefit
 - benefit
 - benefit

No List

Supplements you tried that did not work for you.

Supplement 1

What didn't work out.

Supplement 2

What didn't work out.

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