

SUPPLEMENTATION - WHEN TO TAKE WHAT

Most supplements are best absorbed when taken with meals, unless otherwise specified on the label. To take with a meal means to take it part way through the meal or at the end of the meal; not before you start eating. Supplements taken on an empty stomach or without enough food in the stomach can cause nausea and are not well absorbed because there is no food to attach to which is how vitamins and minerals get into the digestive tract.

B vitamins should be taken with breakfast and lunch only. If taken too late in the day, they can keep you awake at night as they are a stimulant. For maximum absorption, B vitamins should be taken in doses of no more than 50 mg with 4 hours between doses.

Fat soluble vitamins (A, D, E and K) as well as Omega-3 supplements should be taken with a meal that contains fat for optimal absorption.

Minerals should be taken with a protein for maximum absorption.

Probiotics work best when taken with a high-fibre, low sugar meal (fibre feeds good bacteria; sugar feeds bad bacteria). I like to take my probiotics with a fibre drink (1 tsp psyllium powder + 2 tbsp ground flaxseeds + 8 oz water).

Digestive enzymes that contain HCl must be taken with a meal. Enzymes that do contain HCl can be taken with meals or between meals. When taken with meals, they assist in digesting the food you have just eaten. When taken between meals, they help to digest any food that is sitting too long in the digestive tract.

If you take individual supplements, below is a chart to help you spread them out throughout the day and take them at the most effective times.

MEAL		NUTRIENT
Breakfast	Vitamins	A B-1 B-2 B-3 B-6 Folic Acid Pantothenic Acid Biotin C D
	Minerals	Iron Copper
Lunch	Vitamins	E
	Minerals	Magnesium Selenium Chromium Iodine
Dinner	Vitamins	B-12
	Minerals	Zinc Manganese
Bedtime	Mineral	Calcium

References:

- Galland, Leo (1988). *Super Immunity for Kids*. New York, NY: Dell Publishing.