

## WHEN TO TAKE SUPPLEMENTS, HOW TO TAKE THEM AND THEIR CONTRAINDICATIONS

Supplement	When best to take	With what?	Contraindication
<b>VITAMINS AND MINERALS</b>			
B vitamins	Best in the morning or during the day. Never take a single B vitamin without also taking a multivitamin	Ideally with food	None
Vitamin C	Morning and evening	With food	Very high dose causes loose bowels
Chromium	In the morning and during the day, not in the evening	With food	None
Magnesium	Afternoon; before bed if you can't sleep	(Best forms are as taurates, glycinates or ascorbates)	None, but calcium also needed in a support multivitamin–mineral
NADH	Morning and evening	With or without food	None

Supplement	When best to take	With what?	Contraindication
Niacinamide or Inositol hexanicotinate	Best in the morning or during the day	With food	Very high doses (above 3g a day) might stress the liver if you have liver dysfunction. Monitor by testing liver enzymes (AST/ALT)
Niacin	Twice daily when you have time to relax/lie down afterwards for up to 30 minutes because of blushing	With food	
Omega-3 and 6	Morning and evening	With food	
<b>AMINO ACIDS</b> 5-HTP/tryptophan	Morning, if you wake up depressed; 1 hour before bed if you can't sleep. Twice a day, on waking and before bed, if you have low mood and insomnia	Away from main meal (30 minutes before; 2 hours after) with some carbohydrate such as fruit or oatcake	Don't take if you are on any antidepressant drugs without professional advice
D-phenylalanine and DL-phenylalanins	Twice daily	With a carbohydrate snack or on an empty stomach	Should not be taken by people with phenylketonuria. Don't take if you have a history of mania, unless under professional supervision

<b>Supplement</b>	<b>When best to take</b>	<b>With what?</b>	<b>Contraindication</b>
GABA	Morning and evening	With or without food	Do not exceed 3g. Makes some people nauseous
Glutamine alone or with taurine	Twice daily. Start with 500mg per day and increase gradually	Empty stomach with water, not a hot drink	Glutamine is not recommended if you have cirrhosis, except under medical supervision
Melatonin	In the evening, not in the day	Take under the tongue	Gives some people headaches. Do not exceed 3mg a day. In people who are depressed, melatonin may worsen symptoms. Best taken under medical supervision and is available only by prescription in the UK
SAM	Between breakfast and lunch and lunch and dinner	Empty stomach	Makes some people nauseous and hyper. Too much can make you nauseous or give you heartburn

**Supplement**

Tyrosine

**When best to take**

Morning and afternoon

**With what?**Empty stomach or  
with a carbohydrate  
snack**Contraindication**Don't take if you have a  
history of mania, unless  
under professional  
supervision. Should not be  
taken by phenylketonurics.  
Not suitable for people  
suffering from cancer  
(including melanomas),  
high blood pressure, or on  
a continuous basis by  
those who are pregnant or  
breastfeeding**HERBS**Adaptogenic herbs  
(ginseng, American  
or Korean, or  
Siberian ginseng)Morning and afternoon, not evening.  
After taking for 3 months stop for 1 month  
During 3 months, have 5 days on 2 days off

With or without food

High doses can cause  
menstrual abnormalities

Valerian

In the evening, or an hour before bed

Empty stomach

Don't take with sedative  
drugs, muscle relaxants,  
antihistamines,  
psychotropic drugs or  
narcotics