

Supplement Intake Schedule

SUPPLEMENT	TIME / MEAL	COMBINATION / SPACING
Vitamin D3 + K2	Morning, with a meal containing fat	Can be taken together with omega-3
Vitamin C	Morning, midday	Can be taken with zinc, collagen, amino acids
Omega-3	Morning, midday, evening; with meals	Can be taken together with vitamin D/K
Magnesium	Evening, possibly before sleep; after physical activity	Keep 2-3 hours apart from zinc / calcium
Zinc	Morning or afternoon; with a meal	Can be taken with vitamin C; keep 2-3 hours apart from magnesium / calcium / iron
Amino acids / collagen	Morning, midday, evening; before and after physical activity	Can be taken together with vitamin C