

Baseline Vitamin & Supplement Stack

These first 2 websites will share a single shopping cart, so **just click the “Buy Now” button or “Add to Bag”** until you get everything ready to checkout. Delivery is via USPS, so it will take about 4 business days.

Website: <http://idealabsdc.com/>

NAME	NOTES	TYPICAL DOSAGE
Retinil (Vitamin A)	Choose “Retinyl Palmitate 5000IU/drop tocopherol, MCT”	1 drop in the AM
Energin (Vitamin B Complex)	Bottle says 25 drops, but we start with 8 and work up if needed. Tastes horrible, so mix in OJ to mask it	8 drops in the AM
Kuinone (Vitamin K)		1-2 drops in the AM
TocoVit (Vitamin E)	Fulfills the needs of Omegas for the most part. May be slightly stimulating for some people, so it's recommended to take it after dinner rather than just before bed.	12 drops in the evening, after dinner
Magnoil (Magnesium)		Rub 10 drops into the bottom of each foot before bed.

Website: <http://idealabsdc.com/lab/>

NAME	NOTES	TYPICAL DOSAGE
Cortinon+ <i>Technically, this is progesterone + DHEA, but it can be taken throughout the cycle.</i>	Choose “tocopherols, SFA/OA (CORTINON+, 8:1) (+\$10.00)” Also tastes horrible, so chase it with water if taken orally. <i>For cortisol/stress management and support.</i>	2 drops on tongue, or rubbed into navel, before bed

Website: <https://healthnatura.com/simply-progesterone-1-08-oz/>

NAME	NOTES	TYPICAL DOSAGE
Simply Progesterone	Find your dose by taking 3 drops every 10-15 minutes and wait for the relaxation effect, which should take effect within a couple minutes. Count the drops taken, and that is the nightly dose to be taken after ovulation, until the period begins.	Individual dose, taken before bed.