

A PLANNER FOR BUILDING A ROUTINE YOU UNDERSTAND

The Daily Supplement Stack

My 12-supplement routine, what each one does,
and the tools to build and track your own.

By G&R Health and Wellness by Nature LLC

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Welcome

I put this planner together because I wanted to actually understand the supplements I take every day instead of just swallowing a handful of pills each morning. For each one, I wrote down what it does, why it earned a spot in my routine, and how it works with the others.

The first half of this planner walks through my own stack as a real-life example. The second half gives you the tools to build yours: a blank profile template, a daily timing schedule, a weekly tracker, and a worksheet to bring to your doctor or pharmacist.

My stack is not a recommendation for you. Everyone's diet, health, medications, and lab results are different. Think of it as a model for how to think about supplements, not a prescription.

How to Use This Planner

- 1 Read through my stack**
See how each supplement is broken down, and notice how they're grouped by purpose.
- 2 Take stock of what you already use**
List every supplement you take now, including multivitamins, since ingredients often overlap.
- 3 Fill in your own profiles**
Use the blank templates to write down what each supplement does and why you take it. If you can't answer the "why," that's worth thinking about.
- 4 Review with a professional**
Bring the doctor worksheet to your next appointment or pharmacy visit, especially if you take any medications.
- 5 Track your routine**
Print the weekly tracker and use it to build consistency and notice how you feel over time.

My Stack at a Glance

My twelve daily supplements fall into four groups. Grouping them this way makes it easier to see what each one contributes and where they overlap.

Supplement	Main role
Energy & Methylation	
B Complex	Foundation for energy metabolism
Vitamin B12	Energy, nerves & red blood cells
Folate	Cell growth & methylation
Vitamin B1 (Thiamine)	Energy & nerve function
Vitamin B5 (Pantothenic Acid)	Energy & skin support
Bone & Calcium Balance	
Vitamin D3	Bone, immune & muscle support
Vitamin K2	Helps direct calcium to bones
Immune & Antioxidant Support	
Vitamin C	Immune support & antioxidant
Zinc	Immunity, skin & hormone support
Quercetin	Antioxidant flavonoid
Gut Health	
Probiotic	Beneficial bacteria for gut health
Inulin (Chicory Root)	Prebiotic fiber

How the Groups Work Together

Energy and methylation. The B complex is the foundation. Extra B1, B5, B12, and folate are layered on top. B12 and folate work as a team in DNA production and methylation.

Bone and calcium balance. D3 increases calcium absorption, and K2 helps put that calcium to use in bone.

Immune and antioxidant support. Vitamin C, zinc, and quercetin each support normal immune function and antioxidant defenses.

Gut health. The probiotic adds beneficial bacteria, and inulin feeds them.

Supplement Profiles

Here's the breakdown for each supplement in my stack. You'll find the same format in the blank templates later in this planner.

Vitamin C

Immune support & antioxidant

What it does: A water-soluble antioxidant that helps protect cells from oxidative stress. It supports normal immune function, is essential for making collagen (skin, blood vessels, joints, gums), and improves absorption of iron from plant foods.

Why it's in my stack: My body can't make or store much vitamin C, so a steady daily intake keeps my levels consistent.

How it fits: Vitamin C, zinc, and quercetin form the immune-support part of my stack.

Food sources: Citrus, bell peppers, kiwi, strawberries, broccoli

Vitamin D3

Bone, immune & muscle support

What it does: Helps the body absorb calcium and phosphorus for strong bones and teeth, and supports normal immune function, muscle function, and mood.

Why it's in my stack: I don't get consistent sun exposure, and few foods contain much vitamin D. D3 is the form skin makes naturally and is generally better at raising blood levels than D2.

How it fits: Taken with K2, and with a meal that contains some fat for better absorption.

Food sources: Fatty fish, egg yolks, fortified milk, sunlight

Vitamin K2

Helps direct calcium to bones

What it does: Activates proteins, including osteocalcin, that help bind calcium into bone. It works alongside vitamin D in normal calcium metabolism.

Why it's in my stack: Vitamin D increases calcium absorption, and K2 helps put that calcium to use in bone. K2 comes mostly from fermented foods I rarely eat.

How it fits: The classic partner for D3.

Food sources: Natto, hard and soft cheeses, egg yolks

Vitamin B12

Energy, nerves & red blood cells

What it does: Needed to form healthy red blood cells, maintain the nervous system, and make DNA. It works with folate in normal methylation.

Why it's in my stack: B12 comes almost entirely from animal foods, and absorption can decline with age and with some medications, so I don't leave it to chance.

How it fits: Works with folate; also present in my B complex.

Food sources: Meat, fish, eggs, dairy, fortified foods

B Complex

Foundation for energy metabolism

What it does: Provides all eight B vitamins (B1, B2, B3, B5, B6, B7, B9, B12), which help turn food into usable energy and support the brain, nerves, and skin.

Why it's in my stack: B vitamins are water-soluble and not stored in large amounts, so a daily complex covers every one of them at once.

How it fits: The base layer. The individual B vitamins below add extra of specific ones.

Food sources: Whole grains, meat, eggs, legumes, leafy greens

Folate

Cell growth & methylation

What it does: Vitamin B9 is essential for making and repairing DNA, forming red blood cells, and healthy cell division. With B12 and B6, it supports normal homocysteine metabolism.

Why it's in my stack: My body is constantly building new cells, so my need for folate never stops. Methylfolate is a form the body can use directly.

How it fits: Always paired with B12, since high folate intake can mask a low B12 level.

Food sources: Leafy greens, lentils, beans, asparagus

Vitamin B1 (Thiamine)

Energy & nerve function

What it does: Helps convert carbohydrates into energy and supports normal function of the brain, heart, and nervous system.

Why it's in my stack: The body stores only a small amount of thiamine, and needs go up with exercise and higher carbohydrate intake.

How it fits: Adds to the B1 already in my B complex.

Food sources: Pork, whole grains, legumes, sunflower seeds

Vitamin B5 (Pantothenic Acid)

Energy & skin support

What it does: A building block of coenzyme A, which the body uses to break down fats, carbohydrates, and protein for energy. It also supports normal hormone production.

Why it's in my stack: I take it for steady support of energy metabolism beyond what my B complex provides.

How it fits: Adds to the B5 already in my B complex.

Food sources: Chicken, mushrooms, avocado, eggs

Zinc

Immunity, skin & hormone support

What it does: A mineral used by hundreds of enzymes. It supports normal immune function, skin health, taste and smell, and normal hormone production.

Why it's in my stack: The body has no dedicated storage for zinc, so regular intake matters.

How it fits: Part of my immune trio with vitamin C and quercetin. Taken with food to avoid an upset stomach.

Food sources: Oysters, beef, pumpkin seeds, chickpeas

Quercetin

Antioxidant flavonoid

What it does: A plant compound with antioxidant activity. It is studied for its role in supporting a balanced inflammatory response and normal histamine balance.

Why it's in my stack: It adds plant-based antioxidant support that complements vitamin C.

How it fits: Pairs with vitamin C and zinc.

Food sources: Onions, apples, capers, berries, kale

Inulin (Chicory Root)

Prebiotic fiber

What it does: A soluble fiber that reaches the colon undigested and feeds beneficial bacteria, which produce short-chain fatty acids that nourish the gut lining.

Why it's in my stack: Most people, including me, eat less fiber than recommended. Inulin is an easy way to add some and support regularity.

How it fits: Feeds my probiotic, so the two work as a pair.

Food sources: Chicory root, onions, garlic, leeks, asparagus

Probiotic

Beneficial bacteria for gut health

What it does: Live beneficial bacteria, commonly Lactobacillus and Bifidobacterium strains. They help maintain a balanced gut microbiome and support digestion, regularity, and the gut's role in immune function.

Why it's in my stack: Stress, diet, travel, and antibiotics can all disrupt gut bacteria. Benefits depend on the specific strains, so I choose a product by its strains rather than its count alone.

How it fits: The probiotic supplies beneficial bacteria and inulin feeds them.

Food sources: Yogurt, kefir, sauerkraut, kimchi, miso

My Daily Timing

When you take a supplement can affect how well it's absorbed and how well you tolerate it. Here's how I split mine up. Always follow the directions on your own product labels.

When	What I take	Why then
Morning, with breakfast	D3, K2, B complex, B12, folate, B1, B5, vitamin C	D3 and K2 are fat-soluble and absorb better with food. Some people find B vitamins energizing, so earlier is better.
Morning or as labeled	Probiotic	Timing depends on the product. Some are meant for an empty stomach, others for with food.
Midday, with lunch	Zinc, quercetin	Zinc can upset an empty stomach. Splitting doses across the day can also be easier to tolerate.
Anytime	Inulin	Mixes into water, coffee, or a smoothie. Start with a small amount to avoid gas or bloating.

My Timing Schedule (blank)

Write in your own routine.

When	What I take	Notes
Morning		
Midday		
Evening		
Bedtime		
Anytime		

Build Your Stack: Supplement Profiles

Fill in one card for each supplement you take. Print extra copies as needed.

SUPPLEMENT	DOSE & FORM	WHEN I TAKE IT
WHAT IT DOES		
WHY I TAKE IT		
HOW IT FITS WITH THE REST OF MY STACK		

SUPPLEMENT	DOSE & FORM	WHEN I TAKE IT
WHAT IT DOES		
WHY I TAKE IT		
HOW IT FITS WITH THE REST OF MY STACK		

SUPPLEMENT	DOSE & FORM	WHEN I TAKE IT
WHAT IT DOES		
WHY I TAKE IT		
HOW IT FITS WITH THE REST OF MY STACK		

Build Your Stack: Supplement Profiles (continued)

SUPPLEMENT	DOSE & FORM	WHEN I TAKE IT
WHAT IT DOES		
WHY I TAKE IT		
HOW IT FITS WITH THE REST OF MY STACK		

SUPPLEMENT	DOSE & FORM	WHEN I TAKE IT
WHAT IT DOES		
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HOW IT FITS WITH THE REST OF MY STACK		

SUPPLEMENT	DOSE & FORM	WHEN I TAKE IT
WHAT IT DOES		
WHY I TAKE IT		
HOW IT FITS WITH THE REST OF MY STACK		

Weekly Tracker

Week of: _____

Supplement	Dose	M	T	W	T	F	S	S

How I felt this week

Energy, sleep, digestion, mood, or anything else you noticed.

Doctor & Pharmacist Worksheet

Supplements can interact with medications and with each other. Bring this page and your completed profiles to your next appointment or pharmacy visit.

Medications I take

Medication	Dose	What it's for

Questions to ask

- ☐ Do any of my supplements interact with my medications?
- ☐ Based on my diet and health, which of these do I actually need?
- ☐ Are any of my doses too high, especially where products overlap?
- ☐ Should I get blood work (for example vitamin D, B12, or iron) to check my levels?
- ☐ Are there any I should stop before a procedure or surgery?
- ☐ How often should we review my supplement list?

Notes from my appointment

Safety Notes

More isn't always better. Water-soluble vitamins are generally well tolerated, but some nutrients have established upper limits, and taking several products can make it easy to exceed them without noticing.

Upper Limits to Know

These are the Tolerable Upper Intake Levels (ULs) for adults set by the U.S. National Academies, counting all supplement sources combined. They are daily maximums, not targets. Some apply only to certain forms, as noted.

Nutrient	Adult upper limit	Why it matters
Vitamin C	2,000 mg	Higher amounts can cause digestive upset.
Vitamin D	4,000 IU (100 mcg)	Fat-soluble and stored in the body, so excess can build up.
Vitamin B6	100 mg	Found in most B complexes. High long-term intake is linked to nerve symptoms.
Folic acid	1,000 mcg	Applies to supplements and fortified foods. High intake can mask a B12 deficiency.
Zinc	40 mg	Long-term excess can lower copper levels.

Other Things to Watch

Check for overlap. A B complex or multivitamin may already contain nutrients you also take separately. Add up totals across all your labels.

Vitamin K and blood thinners. Vitamin K can interfere with blood thinners such as warfarin. Talk to your doctor before taking K2 if you use one.

Quercetin and medications. Quercetin can affect how some medications are processed by the body.

Probiotics. Follow storage directions, since some need refrigeration. Space doses a few hours apart from antibiotics. People with a weakened immune system should ask a doctor first.

Fiber. Increase inulin gradually and drink plenty of water.

Pregnancy, nursing, and children. Needs and limits are different. Get professional guidance first.

Quality. Supplements aren't approved by the FDA before sale. Look for third-party testing seals such as USP, NSF, or ConsumerLab.

Sources & Further Reading

These free, reputable resources are good places to learn more about any supplement:

NIH Office of Dietary Supplements, fact sheets for vitamins, minerals, and probiotics: ods.od.nih.gov

Linus Pauling Institute Micronutrient Information Center, Oregon State University, including flavonoids and fiber: lpi.oregonstate.edu/mic

MedlinePlus, U.S. National Library of Medicine, herbs and supplements: medlineplus.gov

National Center for Complementary and Integrative Health: nccih.nih.gov

Disclaimer

This planner is for informational and educational purposes only. It is not medical advice and is not a substitute for advice, diagnosis, or treatment from a qualified healthcare professional.

The author is not a doctor, registered dietitian, or pharmacist. The supplements described reflect the author's personal routine and are not a recommendation for any individual.

These statements have not been evaluated by the Food and Drug Administration. The supplements described are not intended to diagnose, treat, cure, or prevent any disease.

Always consult your doctor or pharmacist before starting, stopping, or changing any supplement, especially if you are pregnant, nursing, taking medication, or have a medical condition.

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