

**MY SUPPLEMENT TRACKER**



Name: ..... Date: .....

name of supplement	key nutrient taken for	dose of that nutrient	why it was introduced	how long taking	results
<i>Biotics Mg-Zyme</i>	<i>magnesium</i>	<i>300mg (3 pills)</i>	<i>leg cramps, constipation, vertigo</i>	<i>2 years</i>	<i>better sleep, less constipation</i>