

Supplement Stack Reset Card

1. Current Inventory

Product or medicine	Why I use it	Start date	Dose / timing	Keep, review, or ask

2. What Changed Recently?

- New food rule or diet phase:
- New prescription or OTC medicine:
- New supplement or powder:
- Travel, illness, stress, or sleep change:

3. One Next Move

- The main symptom I am trying to understand:
- The one product or question I need to review next:
- The clinician or pharmacist question I should ask if medicines are involved:

4. Bring This List If You Need Help

Include prescriptions, OTC medicines, vitamins, probiotics, fiber powders, peppermint, enzymes, magnesium, ginger, electrolyte mixes, and protein powders.