

SUPPLEMENT	TIMING	WITH FOOD	EMPTY STOMACH	DOSAGE	notes
Iron + Vitamin C	wake - 1 hour before Mate		✓	25–30 mg iron 500 mg Vitamin C	*Mate inhibits absorption lets use Iron bisglycinate (ferrous bisglycinate chelate) better tolerated
Melissa (Lemon Balm) Tea	Evening / After Dinner		✓	500-1000ml throughout the day	
	BREAKFAST				
L-Lysine	Before lunch - mid morning		✓	1000 mg	Core antiviral stabiliser. Increase to 2000–3000 mg during menstruation, ovulation or prodrome.
	LUNCH				
Vitamin D3 + K2	Lunch - with Fat	✓		4000 IU of vitamin D3 daily	Immune modulation and antiviral resilience. Target serum level 45–60 ng/mL Re-test in 8–12 weeks.
Vitamin B12 (Oral Spray)				250 mcg oral spray daily	Low B12 associated with increased HSV activity. Target >400 pg/mL. Re-test in 6–8 weeks.
	DINNER				
L-Lysine	Evening / After Dinner		✓	2000 mg-3000 mg menstruation and/or prodrome	
Reishi tincture	Evening / After Dinner			60 drops (2 ml)	Immune modulation + nervous system buffering. Evening dosing supports parasympathetic tone.
Magnesium	Evening / After Dinner			200–300 mg magnesium glycinate	good levels, keep your routine as it was.