MY SUPPLEMENT TRACKER

She Fights RA

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

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