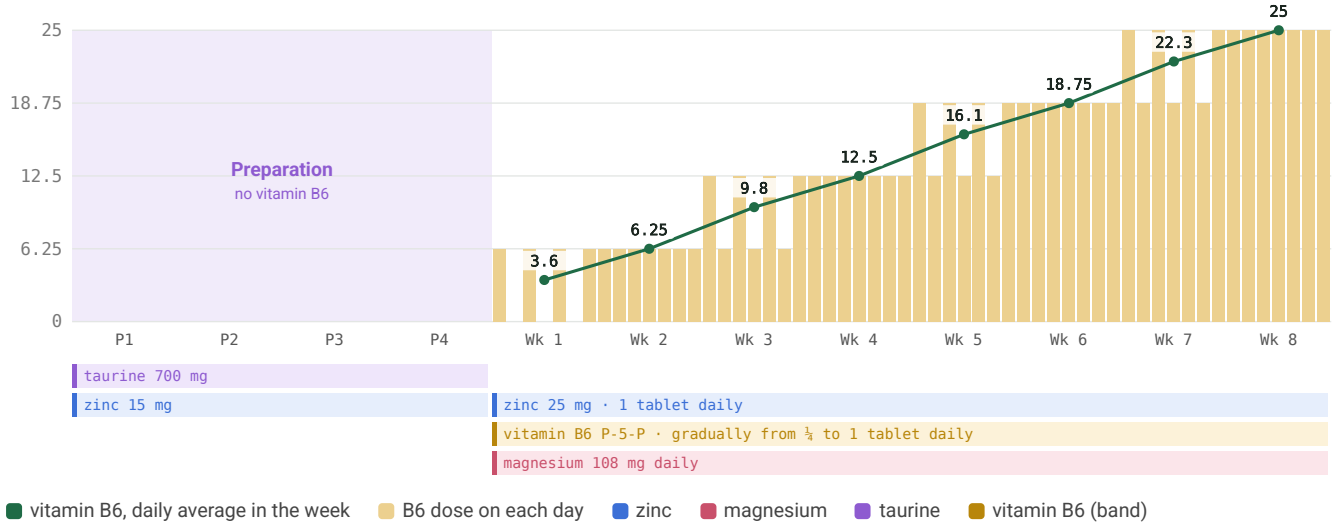
PSYLAB · STRESS SUPPORT

Sample dosing plan: zinc, magnesium and vitamin B6

Gradual introduction of vitamin B6 (P-5-P) over 8 weeks

B6 P-5-P: 1 tablet = **25 mg**, ¼ tablet = **6.25 mg** **Zinc chelate: 25 mg** daily
Magnesium: 108 mg daily
Before you start: **4 weeks of preparation** (taurine, zinc 15 mg), day-by-day plan on page 2

Preparation and vitamin B6: average daily dose in each week



Week	Vitamin B6 P-5-P	B6, daily average	Zinc chelate	Magnesium
1.	¼ every other day	3.6 mg	1 tablet (25 mg)	108 mg
2.	¼ daily	6.25 mg	1 tablet (25 mg)	108 mg
3.	½ and ¼ alternately	9.8 mg	1 tablet (25 mg)	108 mg
4.	½ daily	12.5 mg	1 tablet (25 mg)	108 mg
5.	¾ and ½ alternately	16.1 mg	1 tablet (25 mg)	108 mg
6.	¾ daily	18.75 mg	1 tablet (25 mg)	108 mg
7.	1 and ¾ alternately	22.3 mg	1 tablet (25 mg)	108 mg
8.	1 tablet daily	25 mg	1 tablet (25 mg)	108 mg

How to read the "B6, daily average" column: It is the average over the whole week, because in some weeks the dose alternates from day to day. The 25 mg tablet is split into quarters; ¼ tablet is 6.25 mg. So 6.25 mg in week 2 means ¼ tablet every day. When alternating, take the higher dose on days 1, 3, 5 and 7 of the week.

How to take

Split the B6 tablet with a pill splitter. Take zinc and magnesium with food; on an empty stomach zinc can cause nausea. Do not exceed the recommended daily dose of each product.

When to talk to a doctor

Before use if you take medication, have kidney disease or other health problems. If you notice tingling or numbness in the hands and feet, irritability or digestive problems, stop taking the products and see a doctor.

Food supplements. This sample plan is a general example, not an individual recommendation or a substitute for medical care. Food supplements are not a substitute for a varied, balanced diet and a healthy lifestyle. Not intended for children and people under 18, or for pregnant and breastfeeding women. Keep out of reach of children.

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Day-by-day plan

4 weeks of preparation, then 8 weeks of gradually introducing vitamin B6

T taurine 1 capsule (700 mg) Zn15 zinc chelate 15 mg Zn25 zinc chelate 25 mg Mg magnesium 108 mg

yellow part = number of quarter B6 tablets (¼ = 6.25 mg)

Preparation 1 taurine · zinc 15 mg	day 1 T Zn15	day 2 T Zn15	day 3 T Zn15	day 4 T Zn15	day 5 T Zn15	day 6 T Zn15	day 7 T Zn15
Preparation 2 taurine · zinc 15 mg	day 8 T Zn15	day 9 T Zn15	day 10 T Zn15	day 11 T Zn15	day 12 T Zn15	day 13 T Zn15	day 14 T Zn15
Preparation 3 taurine · zinc 15 mg	day 15 T Zn15	day 16 T Zn15	day 17 T Zn15	day 18 T Zn15	day 19 T Zn15	day 20 T Zn15	day 21 T Zn15
Preparation 4 taurine · zinc 15 mg	day 22 T Zn15	day 23 T Zn15	day 24 T Zn15	day 25 T Zn15	day 26 T Zn15	day 27 T Zn15	day 28 T Zn15
Week 1 B6: ¼ every other day	day 29 6.25 Zn25 Mg	day 30 – Zn25 Mg	day 31 6.25 Zn25 Mg	day 32 – Zn25 Mg	day 33 6.25 Zn25 Mg	day 34 – Zn25 Mg	day 35 6.25 Zn25 Mg
Week 2 B6: ¼ daily	day 36 6.25 Zn25 Mg	day 37 6.25 Zn25 Mg	day 38 6.25 Zn25 Mg	day 39 6.25 Zn25 Mg	day 40 6.25 Zn25 Mg	day 41 6.25 Zn25 Mg	day 42 6.25 Zn25 Mg
Week 3 B6: ½ and ¼ alternately	day 43 12.5 Zn25 Mg	day 44 6.25 Zn25 Mg	day 45 12.5 Zn25 Mg	day 46 6.25 Zn25 Mg	day 47 12.5 Zn25 Mg	day 48 6.25 Zn25 Mg	day 49 12.5 Zn25 Mg
Week 4 B6: ½ daily	day 50 12.5 Zn25 Mg	day 51 12.5 Zn25 Mg	day 52 12.5 Zn25 Mg	day 53 12.5 Zn25 Mg	day 54 12.5 Zn25 Mg	day 55 12.5 Zn25 Mg	day 56 12.5 Zn25 Mg
Week 5 B6: ¾ and ½ alternately	day 57 18.75 Zn25 Mg	day 58 12.5 Zn25 Mg	day 59 18.75 Zn25 Mg	day 60 12.5 Zn25 Mg	day 61 18.75 Zn25 Mg	day 62 12.5 Zn25 Mg	day 63 18.75 Zn25 Mg
Week 6 B6: ¾ daily	day 64 18.75 Zn25 Mg	day 65 18.75 Zn25 Mg	day 66 18.75 Zn25 Mg	day 67 18.75 Zn25 Mg	day 68 18.75 Zn25 Mg	day 69 18.75 Zn25 Mg	day 70 18.75 Zn25 Mg
Week 7 B6: 1 and ¾ alternately	day 71 25 Zn25 Mg	day 72 18.75 Zn25 Mg	day 73 25 Zn25 Mg	day 74 18.75 Zn25 Mg	day 75 25 Zn25 Mg	day 76 18.75 Zn25 Mg	day 77 25 Zn25 Mg
Week 8 B6: 1 tablet daily	day 78 25 Zn25 Mg	day 79 25 Zn25 Mg	day 80 25 Zn25 Mg	day 81 25 Zn25 Mg	day 82 25 Zn25 Mg	day 83 25 Zn25 Mg	day 84 25 Zn25 Mg

The numbers under each circle show the mg of vitamin B6 on that day. Weeks 1–8 match the table on page 1.