

Total Fasting Daily Supplement List

- 1. 3000mg Fish Oil or Flaxseed Oil**
- 2. 8 grams Amino Acid**
- 3. Multivitamin**
- 4. 1-2 Vegan Amino Shakes**
- 5. 30 B Probiotic**
- 6. Pinch of Himalayan Salt**