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| I have been asked this by numerous people and wanted to make sure you have the recommended dosages for the supplements I take and recommend. When it comes to supplements it's always better to take them with food. However, it is not necessary. The reason it's better is because when you have food in your stomach your digestive system is working and you can better absorb the nutrients. You can split your supplements up with each meal or take them all at once. The important thing is to just get them in your body! **[Fish Oil:](http://drczys.com/fishoilburps-2/%22%20%5Ct%20%22_blank)** Dosage Guide* Capsules - 1 Capsule for every 50lbs of body weight, per day.  So if you weigh 150 pounds take 3 per day.

[**Vitamin D:**](http://drczys.com/vitamin-d-why-how-much-and-what-kind-is-the-best/)* Capsules - Adults take 1 capsule daily, especially in the winter. I often do two per day up here in the cold winter Wisconsin months.
* Just so you know, worring about Vit D toxicity is like worrying about drowning while you walk around in the desert......

[**Coffee Enrich:**](http://drczys.com/coffee-enrich/)* Coffee enrich has nothing but high quality fruit and veggie powders. Knock yourself out and enjoy it as much as you'd like. I like to look it at as a great tasting powdered salad!
* If you haven't already received them make sure to ask for our Coffee Enrich smoothie recipe book.
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