Cluster Cycle Journal

Date:	Weather:	Barometer:

Vitamin	Qty	Vitamin	QTY	Vitamin	QTY
D3 - 10,000ui - 25(OH)D - 80ng/ml		K2 (MK-4 & MK-7		Boron - 1-3mg	
Omega 3-EPA360mg DHA 240mg		Vitamin A - 3,000iu		Benadryl	
Magnesium 400-800mg		Vitamin B		Vitamin C	
Calcium- 220-500mg		Zinc - 10gm		MM	

Other:

Description:

Date:	Weather:	Barometer:

Vitamin	Qty	Vitamin	QTY	Vitamin	QTY
D3 - 10,000ui - 25(OH)D - 80ng/ml		K2 (MK-4 & MK-7		Boron - 1-3mg	
Omega 3-EPA360mg DHA 240mg		Vitamin A - 3,000iu		Benadryl	
Magnesium 400-800mg		Vitamin B		Vitamin C	
Calcium- 220-500mg		Zinc - 10gm		MM	

Other:

Description: