

## CC Randow Alcohol Pack

**Morning – ½ hour before breakfast (on an empty stomach):**

1 x L-Tyrosine

**Morning (with breakfast and a big glass of water):**

1 x Vitamin D3 / K2

2 x VitaXtra

1 x Stress B

1 x Amino 2 Gram

1 x Pau D'arco

1 x Omega 3

1 x Glutamine

**Evening (with a meal and a big glass of water):**

1 x VitaXtra

2 x Stress B

1 x Amino 2 Gram

1 x Pau D'arco

1 x Omega 3

1 x Glutamine

**Evening before bedtime:**

1 x Glutamine

1 x 5-HTP