

Supplements at bedtime

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- *From:* Bob <bob1324@xxxxxxxx>
 - *Date:* Fri, 16 Dec 2005 12:04:41 +0100
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Hi,

I'm used to take my supplements 4 times a day: at meals and at bedtime.

De minerals I use are good absorbable (citrate, aspartate).

Vit E is succinate.

Is there any reason to take it 4 times a day or is at breakfast and dinner enough.

Bob

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 - ◇ *From:* Mark Thorson
 - ◆ ***Re: Supplements at bedtime***
 - ◇ *From:* TC
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