

RCP SUGGESTED DAILY SCHEDULE - **Jigsaw Health**

The Root Cause Protocol was created by Morley Robbins. Download The RCP Instruction Manual (RCP-IM) at TheRootCauseProtocol.com. The following was adopted for Jigsaw customers, based on RCP-IM v9.3.

Throughout the Day		
Product	APPROXIMATE Dosages	Phase
Aussie Trace Mineral Drops	~1/2 tsp (mix w/ gallon of water to sip on throughout the day)	1
With Breakfast		
Jigsaw MagSRT (Magnesium Malate)	2 tablets = 250mg, see dosage notes in RCP-IM	1
Jigsaw Alaskan Cod Liver Oil	5 softgels = ~975mcg / 3,250 IU, see dosage notes in RCP-IM	1
Organic Bee Pollen	~½ - 1 tsp, see dosage notes in RCP-IM	2
Enviromedica Beef Liver	3 capsules = 1,500mg, see dosage notes in RCP-IM	2
Trace Minerals Ionic Boron	1/2 dropper = ~3mg, see dosage notes in RCP-IM	3
Wild Harvest Kelp (Iodine)	1 capsule, see dosage notes in RCP-IM	3
Mid-Morning (away from food)		
Jigsaw Adrenal Cocktail + Wholefood Vitamin C	1 scoop of powder mixed in OJ or water (400mg), see dosage notes in RCP-IM	1
With Lunch		
Jigsaw MagSRT (Magnesium Malate)	2 tablets = 250mg, see dosage notes in RCP-IM	1
Purely-E Wholefood Vitamin E Complex	1 capsule, see dosage notes in RCP-IM	1
Enviromedica Beef Liver	3 capsules = 1,500mg, see dosage notes in RCP-IM	2
Mid-Afternoon (away from food)		
Jigsaw Adrenal Cocktail + Wholefood Vitamin C	1 scoop of powder mixed in OJ or water (400mg), see dosage notes in RCP-IM	2
With Dinner		
Douglas Labs Taurine	1 capsule = 500mg, see dosage notes in RCP-IM	3
Evening		
Jigsaw MagSoothe (Mag Glycinate)	1 scoop = 200mg, see dosage notes in RCP-IM	1
Ancient Minerals Topical Magnesium	1 application, see dosage notes in RCP-IM	1
Right before bed, or first thing in the morning (away from food)		
Now Real Food Rice Bran	~1 - 2 tsp, see dosage notes in RCP-IM	2
KV Lab Diatomaceous Earth	~½ - 1 tsp, see dosage notes in RCP-IM	3