

FROM "MY EXPERIENCE"

My Top 3 Supplements & Getting-Started Checklist

These are the three supplements that made the biggest difference for me. Below each one, jot down what you're taking and how it's going — and use the checklist on the next page to get started the right way.

01 Korean Red Ginseng

FREE TESTOSTERONE & TESTOSTERONE · NITRIC OXIDE (BLOOD FLOW)

MY DOSE / BRAND

TIME OF DAY I TAKE IT

02 Ginkgo Biloba

LIBIDO · NITRIC OXIDE (BLOOD FLOW)

MY DOSE / BRAND

TIME OF DAY I TAKE IT

03 Boron

FREE TESTOSTERONE · BALANCES TESTOSTERONE & ESTROGEN

MY DOSE / BRAND

TIME OF DAY I TAKE IT

BEFORE YOU START

Check with your doctor first, especially if you take any prescription medication (including blood thinners or blood pressure medication) — Ginkgo and Ginseng can interact with some of these. Buy from a brand that does third-party testing, and start one supplement at a time so you know what's working.

Want the full protocol — nutrition, dosages, and the rest of what worked? *My Experience*, by Joseph Matlock.

GETTING STARTED

Your First 30 Days Checklist

You don't need to change everything at once. Work through this in order — most of it takes five minutes.

Week 1 — Set the foundation

- ☐ **Talk to your doctor** about starting these supplements, especially if you're on any medication.
Bring this sheet with you — it makes the conversation faster.
- ☐ **Buy from a reputable, third-party-tested brand** for all three supplements.
- ☐ **Pick one consistent time of day** to take them, and set a phone reminder.
- ☐ **Cut back on ultra-processed food and added sugar** where you can — small swaps count.
Real food first; supplements second.
- ☐ **Start tracking your baseline** using the tracker below — energy, mood, and sleep, before anything else changes.

Weeks 2–4 — Build the habit

- ☐ **Take all three supplements consistently**, same time, most days of the week.
- ☐ **Add one nutrition upgrade per week** — more protein, more water, fewer processed carbs.
- ☐ **Move your body most days**, even if it's just a 20-minute walk.
Circulation matters as much as any single supplement.
- ☐ **Protect your sleep** — aim for a consistent bedtime, 7+ hours.
- ☐ **Keep a weekly note** on energy, mood, and libido using the tracker below.

4-week tracker

TAKEN THIS WEEK	WK 1	WK 2	WK 3	WK 4
Korean Red Ginseng				
Ginkgo Biloba				
Boron				
Energy (1–5)				
Mood (1–5)				
Libido (1–5)				
Sleep quality (1–5)				

At the 4-week mark

- ☐ **Review your tracker.** Where did you see the most change — energy, mood, libido, sleep?
- ☐ **Decide what to adjust** — dose, timing, or adding the next layer from the full book.
- ☐ **Talk to your doctor again** if anything feels off, or if you want to make bigger changes.

This checklist reflects one individual's personal experience and is provided for informational purposes only. It is not medical advice and has not been evaluated by any regulatory body. Consult a licensed physician before starting any new supplement, herb, or significant dietary or exercise change — particularly if you take prescription medication or have an existing health condition.