

Overview

Generated on May 22, 2026

Apr 23, 2026 – May 22, 2026

Supplements

All Night Long	26/30		87%
Gut Pro	12/26		46%
Mulit Core	30/30		100%
NAC	6/22		27%

Daily overview

All Night Long	
Gut Pro	
Mulit Core	
NAC	

Apr 23

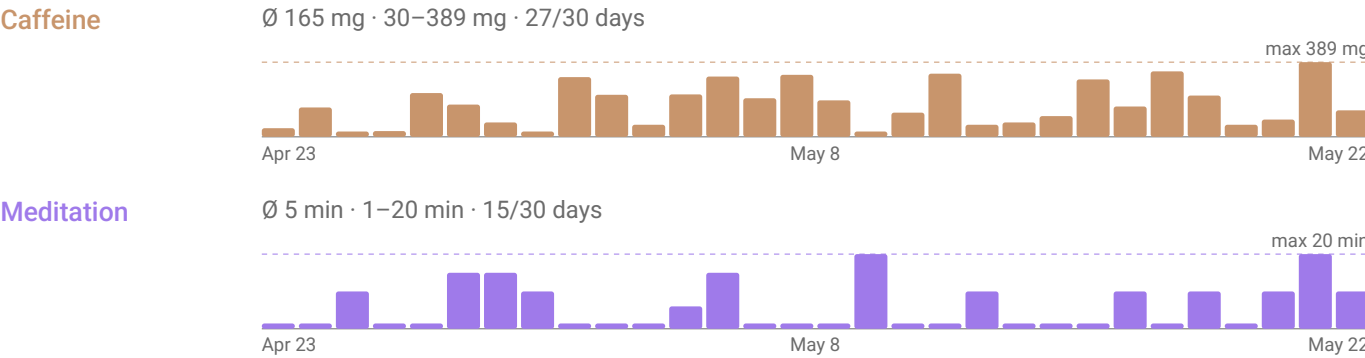
May 8

May 22

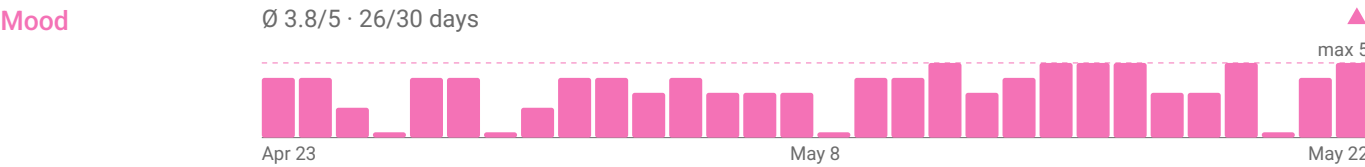
Current schedule

NAC	14:58
Gut Pro	14:00

Trackers



Mood



Daily details

Apr 23	Good	Family · Cooking · Tired "Guter Tag insgesamt"
Apr 24	Good	Happy · Gaming · Relaxed "Treffen mit Freunden"
Apr 25	Bad	Music · Tired · Friends "Konzentriert gearbeitet"
Apr 27	Good	Sunny · Music · Cooking "Müde aber zufrieden"
Apr 28	Good	Relaxed · Sunny

Apr 30	Bad	<i>"Wenig geschlafen"</i> Stressed · sport · Walk <i>"Wenig geschlafen"</i>
May 1	Good	Walk · Stressed · Tired <i>"Spaziergang am Nachmittag"</i>
May 2	Good	Reading · Family <i>"Müde aber zufrieden"</i>
May 3	Okay	Relaxed · Happy <i>"Treffen mit Freunden"</i>
May 4	Good	Gaming · Stressed · Tired · Music <i>"Guter Tag insgesamt"</i>
May 5	Okay	Tired · Reading
May 6	Okay	work · Happy · Friends
May 7	Okay	Cooking · Tired · Happy <i>"Guter Tag insgesamt"</i>
May 9	Good	Reading · sport · Music <i>"Guter Tag insgesamt"</i>
May 10	Good	Cycling · Cooking · Excited · Date / Partner · Left on time · Sunny <i>"test 12345 asdfg"</i>
May 11	Great	Swimming · Meditation · Friends · Calm · Music · Cycling · Running · Shopping · Photography · TV & Series · Reading · Painting · Gaming
May 12	Okay	Cooking · Meditation · sport <i>"Treffen mit Freunden"</i>
May 13	Good	Meditation · Sunny · work
May 14	Great	Caffeine · Supplements
May 15	Great	Caffeine · Supplements · Bored · Gardening · Running · Friends · Rainy · Work day
May 16	Great	Tired · Relaxed
May 17	Okay	Gaming · sport · Family <i>"Guter Tag insgesamt"</i>
May 18	Okay	Happy · Family · Relaxed <i>"Treffen mit Freunden"</i>
May 19	Great	Stressed · sport · Friends · Relaxed
May 21	Good	Caffeine · Supplements · Excited · Creative · Family
May 22	Great	Music · Family · Gaming · Relaxed · Dining out · Me time

Nutrients

L-Arginin Nitrat	26.8 g
N-Acetyl-L-Cystein	12 g
davon Nitrate	9.4 g
Grüntee Extrakt	6.7 g
Moosfarn Extrakt	5 g
N-Acetyl-D-Glucosamin	4.4 g
Magnesium	2.4 g
Hesperidin	2.4 g
Quercetin	2.4 g
Myo-Inositol	2.4 g

Coenzym Q10	2.4 g
Aloe Vera Extrakt	2.2 g
Süßholzextrakt	2.2 g
Nicotinamid B3	1.7 g
Vitamin C	1.4 g
Schwarzer Ingwer Extrakt	1.3 g
Eibischwurzel Extrakt	1.3 g
Ulmen Extrakt	1.3 g
Cholin	1.2 g
Ingwer-Extrakt	1.2 g
Ginseng-Extrakt	1.2 g
Pfefferminz Extrakt	880 mg
Ingwer Extrakt	880 mg
Kalium	660 mg
Chlorid	616 mg
Niacin (B3)	517 mg
Schwarzer Pfeffer Extrakt	335 mg
Pantothensäure (B5)	282 mg
Löwenzahnextrakt	264 mg
Zink	164.5 mg
Vitamin E	94 mg
Vitamin B6	65.8 mg
Vitamin B2	65.8 mg
Vitamin B1	47 mg
Mangan	32.9 mg
Schwarzer Pfeffer Extrakt	9263.1 µg
Vitamin A	7050 mcg
Folsäure (Methylfolat)	3290 mcg
Chrom	2350 mcg
Jod	1762.5 mcg
Biotin (B7)	1645 mcg
Vitamin K2 (K2VITAL®)	1175 mcg
Selen	893 mcg
Molybdän	799 mcg
Vitamin D3	293.8 mcg
Vitamin B12	131.6 mcg