

Product Name	Quantity	Notes
Acidophilus	1	morning
Sport BioTone	4 tablets	before bed on empty stomach
Sport Enersine	3 tablets	in the morning on empty stomach

If digestive limitations add one BetaGest and two Enzymes per meal.

Recommended Diet/Notes:

In the afternoon if someone feels a need for an extra nutritional boost, take 1 Super B, 1 CalMag, 1 MultiMin and 1 Salmon Oil Plus. These nutrients support nerve function. Minimize sugar in diet and focus on a balanced glycemic diet.

Good Program

Better Program

Best Program

Recommended Diet/Notes: