

Product Name	Quantity	Notes
PRIME pack for 1 month, then switch to STRESS	1 packet	w/ ProVitality and meal
Lipotropic Adjunct	2 tablets	take with ProVitality, Stress Pack and meal
Acidophilus Plus	1 capsule	daily, preferably morning
Salmon Oil Plus	2 capsules	afternoon w/ meal/snack
MultiMin	1 tablets	1 afternoon or evening
Super B	1 tablets	1 afternoon
CalMag	3-4 tablets	evening, before bed

Add one Salmon Oil Plus, one MultiMin and one Super B in afternoon as needed for additional support.

BEST

Product Name	Quantity	Notes
Pro Vitality	1 packet	morning w/ food
NeoLifeShake	1 – 2 servings	anytime – 2 scoops equals one serving
PRIME pack for 1 month, then switch to STRESS	1 packet	morning w/ food
Acidophilus Plus	1 capsule	daily, preferably morning
Optional: 2 Lipotropic w/ Stress pack	2 tablets	w/ Stress pack
Salmon Oil Plus	3-4 capsules	1 capsule w/ breakfast, 2 capsules afternoon or evening
MultiMin	1-2 tablets	afternoon or evening
Super B	1-2 tablets	afternoon