

**Better**

Product Name	Quantity	Notes
Pro Vitality	1	Serving/packet
NeoLifeShake	1-2	Serving/two scoops
Omega-III Salmon Oil Plus	6	3 morning and evening
Super B Threshold Control	2	divide morning and afternoon
Chelated Cal-Mag with Vitamin D (1000 IU)	4	divide morning and evening
MultiMin	3	two tablets morning & one evening
Acidophilus Plus	1	morning
Sport BioTone	2	Take before bed on empty stomach

If digestive limitations add one BetaGest and two Enzymes per meal. Extra CalMag when feel depressed. BEST

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NeoLifeShake	1-2	Serving/two scoops
*Omega-III Salmon Oil Plus	6	3 morning and evening
Stress stack-pack	1	One packet per day with meal
*Super B Threshold Control	1	At meal separate from Stress pack
*Chelated Cal-Mag with Vitamin D (1000 IU)	3	1 with Super B and 2 before bed time
*MultiMin	1	With Super B