

“General Health Protocol”

In order to support your general health, it is recommended that the following products be taken on a daily basis.

Phyto-Multi: 1 tab 2x/day*.

*Only women who are pre-menopausal or those patients with a clinically proven iron deficiency anemia should take the Phyto-Multi **with** iron.

Vitamin D3 with K2: 5,000-10,000 IU'S daily.

EPA/DHA 720: 1 cap 2x/day.

High Delivery Acidophilus: 2 caps @ bedtime*.

* For those on antibiotic(s) a “Probiotic Flood Protocol” should be followed: 3 caps 2x/day for 10 days total. Then return to adult dose of 2 caps @ bedtime.

- We recommend the supplements in **blue** from the Metagenics product line
- We recommend the supplements in **red** from the Energique product line

