

# NUTRI-SPEC



## Diphasic Nutrition Plan

Eating Plan & Supplement Recommendations  
individualized for:

\_\_\_\_\_ Date: \_\_\_\_\_

For your eating plan, simply follow the recommendations made on the card, **Eat Well – Be Well**. The closer you follow the eating rules that comply with natural law, the more likely you will live stronger longer. If you deviate significantly from the recommendations on Eat Well – Be Well, all the supplements in the world will not keep you physically, mentally, and emotionally at your best. ----- Here are the supplements you need:

### Morning supplements

Oxy Tonic \_\_\_\_\_ before breakfast = amount determined by Balancing Procedure, or, as needed as advised by your NUTRI-SPEC practitioner

Electro Tonic \_\_\_\_\_ before breakfast = amount determined by Balancing Procedure, or, as needed as advised by your NUTRI-SPEC practitioner

Immuno-Synbiotic \_\_\_\_\_ before breakfast

Diphasic A.M. \_\_\_\_\_ after breakfast

Activator \_\_\_\_\_ after breakfast

Oxygenic A \_\_\_\_\_ after breakfast

Complex P \_\_\_\_\_ after breakfast

Formula ES \_\_\_\_\_ after breakfast

Taurine \_\_\_\_\_ before breakfast

Glutamine \_\_\_\_\_ before breakfast

Oxygenic K \_\_\_\_\_ after breakfast

Complex S \_\_\_\_\_ after breakfast (If you are finishing Doing FINE)

Other \_\_\_\_\_

### Evening supplements

Oxygenic D+ \_\_\_\_\_ before evening meal = amount per Balancing Procedure, or, as advised by your NUTRI-SPEC practitioner

Electro Tonic \_\_\_\_\_ before evening meal = amount per Balancing Procedure, or, as advised by your NUTRI-SPEC practitioner

Immuno-Synbiotic \_\_\_\_\_ before evening meal

Diphasic P.M. \_\_\_\_\_ after evening meal

Activator \_\_\_\_\_ after evening meal

Oxygenic D \_\_\_\_\_ after evening meal

Complex S \_\_\_\_\_ after evening meal

Formula ES \_\_\_\_\_ after evening meal

Taurine \_\_\_\_\_ before evening meal

Glutamine \_\_\_\_\_ before evening meal

Oxygenic K \_\_\_\_\_ after evening meal

Complex P \_\_\_\_\_ after evening meal (If you are finishing Doing FINE)

Other \_\_\_\_\_