

--- Doctor's Instructions for DNP patients approximately age 22-32.

Morning Supplements

ELECTRO TONIC (OXY TONIC	1-2 teaspoons before breakfast Only if needed as maintenance after NUTRI-SPEC Metabolic Balancing)
IMMUNO-SYMBIOTIC*	2 (ideally, 20 min) before breakfast
DIPHASIC A.M.	1-5 after breakfast
OXYGENIC A	1-3 after breakfast
ACTIVATOR	2 after breakfast

Evening Supplements

(OXYGENIC D-PLUS	Only if needed as maintenance after NUTRI-SPEC Metabolic Balancing)
IMMUNO-SYMBIOTIC*	2 (ideally, 20 min) before evening meal
DIPHASIC P.M.	1-5 after evening meal
OXYGENIC D	1-3 after evening meal
ACTIVATOR	2 after evening meal

*IMMUNO-SYMBIOTIC = Choose your patient's ideal I-S from the selection criteria.

Supplement Additions, Substitutions, and Deletions

- Insulin-Dependent Diabetes: Add 4 COMPLEX S, 2 in a.m. & 2 in p.m. Increase OXYGENIC A to 4 after breakfast. I-S X-FLAM.
- Asthma: Add 3 COMPLEX P after breakfast. I-S IMMUNE POWER.
- Hypertension or Cardiovascular Disease: Add 6 FORMULA ES, 3 after breakfast and evening meal, and, 4 TAURINE, 2 before breakfast and evening meal.
- Mucous Colitis/Chronic Diarrhea: Add 4 GLUTAMINE, 2 before breakfast and evening meal, and, add 3 COMPLEX P after breakfast. IMMUNO-SYMBIOTIC = 6 daily.
- Crohn's Disease: Add 4 GLUTAMINE, 2 before breakfast and evening meal, and, OXYGENIC D-PLUS, 1/8 tsp. before the evening meal. Increase OXYGENIC A to 4 after breakfast. I-S X-FLAM = 2 to 6 daily to bowel tolerance.
- Ulcerative Colitis: Add 6 GLUTAMINE, 3 before breakfast and evening meal, and, OXYGENIC D-PLUS, 1/8 tsp. before the evening meal, and, COMPLEX P, 3 in a.m. Increase OXYGENIC A to 4 in a.m. I-S X-FLAM = 2 to 6 daily to bowel tolerance.
- Rheumatoid Arthritis: Increase DIPHASIC A.M. to 5 after breakfast, and DIPHASIC P.M. to 5 after the evening meal, and, OXYGENIC D-PLUS to at least 1/8 tsp. before the evening meal. Increase OXYGENIC A to 4 after breakfast. I-S X-FLAM.
- Lupus: Increase DIPHASIC A.M. to 5 after breakfast, DIPHASIC P.M. to 5 after the evening meal, OXYGENIC D-PLUS to 1/8 tsp. before the evening meal. Add COMPLEX S, 3 after the evening meal. I-S X-FLAM or I-S IMMUNE POWER.
- Seizures: Take OXY TONIC, at least ¼ scoop before breakfast. Delete ELECTRO TONIC.
- Eosinophilic Fungal Rhinosinusitis and other Yeast/Fungal Conditions: Add BOOGIEY BUSTER, 4 or more times daily &/or A GOOD THYME as a nasal irrigation, &/or orally, &/or topically. I-S IMMUNE POWER.