

--- Doctor's Instructions for DNP patients approximately age 23-32.

Morning Supplements

ELECTRO TONIC	first A.M. = amount determined by <u>Balancing Procedure</u> , or, as recommended by your NUTRI-SPEC Doctor.
OXY TONIC	first A.M. = amount determined by <u>Balancing Procedure</u> , or, as recommended by your NUTRI-SPEC Doctor.
IMMUNO-SYMBIOTIC DIPHASIC A.M.	2-3 first A.M. (ideally, at least 20 min before first meal)
REJUVENATOR	1-2 first A.M.
ACTIVATOR	0-1 first A.M. 2 after first meal

Evening Supplements

ELECTRO TONIC	before evening meal or at bedtime=amount determined by <u>Balancing Procedure</u> , or, as recommended by your NUTRI-SPEC Doctor.
OXYGENIC D-PLUS	before evening meal or at bedtime = amount determined by <u>Balancing Procedure</u> , or, as recommended by your NUTRI-SPEC Doctor.
IMMUNO-SYMBIOTIC DIPHASIC P.M.	0-2 (ideally, at least 20 min) before evening meal
ACTIVATOR	1-3 after evening meal or at bedtime 2 after evening meal or at bedtime

Supplement Additions, Substitutions, and Deletions to consider:

None of the recommendations made below are offered as "treatments" for any disease. Rather, these supplements are recommended because they address the specific Metabolic Imbalances that would likely be revealed by complete Nutri-Spec Metabolic Imbalance testing of patients with extraordinary nutrition needs.

- Add COMPLEX S, 2-3 in p.m. Add OXYGENIC A, 1-2 after breakfast.
- Add COMPLEX P, 2 after breakfast.
- Add 6 FORMULA ES, 3 after breakfast and evening meal, and, 4 Taurine, 2 after breakfast and evening meal.
- Add 4 GLUTAMINE, 2 before breakfast and evening meal. Add or increase OXYGENIC D- PLUS to at least ¼ tsp. before the evening meal. IMMUNO-SYMBIOTIC = 2 to 6 daily to bowel tolerance.
- Add 6 GLUTAMINE, 3 before breakfast and evening meal. Take OXYGENIC D-PLUS, at least 1/8 tsp. before the evening meal. Add COMPLEX P, 2 after breakfast. IMMUNO-SYMBIOTIC = 2 to 6 daily to bowel tolerance.