

--- Doctor's Instructions for DNP patients approximately age 53+.

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	2-3 first A.M. (ideally, at least 20 min before first meal)
DIPHASIC A.M.	1-2 first A.M.
REJUVENATOR	2 first A.M.
COMPLEX P	1-2 after first meal
ACTIVATOR	1-2 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	0-2 (ideally, 20 min) before evening meal
DIPHASIC P.M.	0-1 after evening meal or at bedtime
REJUVENATOR	2 after evening meal or at bedtime
COMPLEX S	2 after evening meal or at bedtime
ACTIVATOR	1-2 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.

- Increase COMPLEX S to 3 in p.m. and 1 in a.m. Add OXYGENIC A, 1-2 after breakfast.
- Increase COMPLEX P to 3 after breakfast and 1 in the evening.
- 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. Increase Complex P, 3 after breakfast and 1 in the evening. IMMUNO-SYMBIOTIC = 6 daily.
- 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 bowl tolerance.
- Add 6 GLUTAMINE, 3 before breakfast and evening meal. Take OXYGENIC D-PLUS, at least 1/8 tsp. before the evening meal. Increase COMPLEX P to 3 in a.m. and 1 in evening. IMMUNO-SYMBIOTIC = 2 to 6 daily to bowel tolerance.