

Doctor's Instructions for SOLID Plan 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	3 first A.M. (ideally, at least 20 min before first meal)
REJUVENATOR	2 first A.M.
DIPHASIC A.M.	1-2 after first meal (ADAPTO-MAX)
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
REJUVENATOR	2 after evening meal or at bedtime
DIPHASIC P.M.	0-1 after evening meal or at bedtime (OXY-MAX)
COMPLEX S	2 after evening meal or at bedtime
ACTIVATOR	1-2 after evening meal or at bedtime

FURTHER INDIVIDUALIZED

Delete Complex P if ...

- Blood Pressure medication = Replace Complex P with Formula ES, 3
- $(Pa-P1) \leq 1$, or, $(P2-P1) \geq 11$
= Replace Complex P (with the 1st that applies)
 - $(P2-P1) \geq 11$ = Energetics G, 3
 - $BR \leq 12$ = Energetics K, 3
 - Saliva pH ≥ 7.2 = Energetics K, 3
 - If none apply = Electro Tonic ½ tsp. first a.m., and ½ tsp. in the evening, in additional to Balancing Procedure recommendation