

**--- Doctor's Instructions for DNP patients approximately age 43-52.**

**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-SYNBIOTIC	2-3 first A.M. (ideally, at least 20 min before first meal)
DIPHASIC A.M.	1-3 first A.M.
REJUVENATOR	1-2 first A.M.
OXYGENIC A	1-2 after first meal
ACTIVATOR	1-2 after first meal

**Evening Supplements**

ELECTRO TONIC	before evening meal or at bedtime=amount determined by Balancing Procedure, 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-SYNBIOTIC	0-2 (ideally, at least 20 min) before evening meal
DIPHASIC P.M.	1 after evening meal or at bedtime
REJUVENATOR	1-2 after evening meal or at bedtime
OXYGENIC D	1-2 after evening meal or at bedtime
ACTIVATOR	1-2 after evening meal or at bedtime