

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