

SOLID DNP

Eating Plan & Supplement Recommendations
 Individualized for:

_____ Date: _____

Stage Of Life INFLAM-AGING Defense --- Diphasic Nutrition Plan

For your eating plan, simply follow the recommendations made on the card, **Eat Well – Be Well**. The closer you follow these natural laws of eating, the more likely you will **Live Stronger Longer**. If you deviate significantly from the recommendations on Eat Well – Be Well, all the supplements in the world will not keep you physically, mentally, and emotionally at your best. Here are the supplements you need:

Morning supplements

- Oxy Tonic _____ First A.M. = amount determined by Balancing Procedure, or, as advised by your NUTRI-SPEC practitioner
- Electro Tonic _____ First A.M. = amount determined by Balancing Procedure, or, as advised by your NUTRI-SPEC practitioner
- Immuno-Synbiotic _____ first A.M.
- Rejuvenator _____ first A.M.
- Activator _____ after breakfast
- Diphasic A.M. _____ after breakfast
- Oxygenic A _____ after breakfast
- Complex P _____ after breakfast
- Formula ES _____ after breakfast
- Taurine _____ after breakfast
- Glutamine _____ before breakfast
- Oxygenic K _____ after breakfast
- Other _____

Evening supplements

- Oxygenic D+ _____ before evening meal = amount per Balancing Procedure, or, as advised by your NUTRI-SPEC practitioner
- Electro Tonic _____ before evening meal = amount per Balancing Procedure, or, as advised by your NUTRI-SPEC practitioner
- Immuno-Synbiotic _____ before evening meal
- Rejuvenator _____ before evening meal, or late evening
- Diphasic P.M. _____ after evening meal
- Activator _____ after evening meal
- Oxygenic D _____ after evening meal
- Complex S _____ after evening meal
- Formula ES _____ after evening meal
- Taurine _____ after evening meal
- Glutamine _____ before evening meal
- Oxygenic K _____ after evening meal
- Other _____