

NUTRI-SPEC



Live Stronger Longer
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SOLID Plan

Eating Plan & Supplement Recommendations
Individualized for:

Date: _____

Stage Of Life INFLAM-AGING Defense 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 <u>BALANCING PROCEDURE</u> , or, as advised by your NUTRI-SPEC practitioner
Electro Tonic	_____	First A.M. = amount determined by <u>BALANCING PROCEDURE</u> , or, as advised by your NUTRI-SPEC practitioner
Immuno-Synbiotic Rejuvenator	_____	first A.M.
	_____	first A.M.
Activator	_____	after breakfast
Diphasic A.M (Adapto-Max)	_____	after breakfast
Oxygenic A	_____	after breakfast
Oxygenic D	_____	after breakfast
Complex S	_____	after breakfast
Complex P	_____	after breakfast
Oxygenic K	_____	after breakfast
Oxygenic G	_____	after breakfast
Formula ES	_____	after breakfast
Other	_____	
Potassium Citrate	_____	first A.M.
Oxy D+	_____	first A.M.
Sodium Glycerophosphate	_____	first A.M.
Magnesium Chloride	_____	first A.M.
Phos Drops	_____	first A.M.
Proton Plus	_____	after breakfast
Taurine	_____	after breakfast

Evening Supplements

Oxygenic D+	_____	before evening meal or later evening = amount per <u>BALANCING PROCEDURE</u> , or, as advised by your NUTRI-SPEC practitioner
Electro Tonic	_____	before evening meal or later evening = amount per <u>BALANCING PROCEDURE</u> , or, as advised by your NUTRI-SPEC practitioner
Oxy Tonic	_____	evening
Rejuvenator	_____	evening
Activator	_____	evening
Diphasic P.M. (Oxy-Max)	_____	evening
Oxygenic A	_____	evening
Oxygenic D	_____	evening
Complex S	_____	evening
Complex P	_____	evening
Oxygenic K	_____	evening
Oxygenic G	_____	evening
Formula ES	_____	evening
Other	_____	
Potassium Citrate	_____	evening
Sodium Glycerophosphate	_____	evening
Magnesium Chloride	_____	evening
Phos Drops	_____	evening
Proton Plus	_____	evening
Taurine	_____	evening