

Nutritional Support Program — Daily Intake

Phase Two

Foundation

(Approximately One to Two Weeks)

The material in this report is based on research relating statistical cases of how people felt and the nutritional supplements they took to feel better in conjunction with current research on nutritional support for various situations. It is not intended as a prescription or substitution for good sound health care by a professional. In the event the reader of this material uses the information without the approval of his doctor, he is prescribing for himself, which is his constitutional right to do. And he assumes the responsibility for his health. No person, nor any supplement manufacturer, not even the person supplying this report assumes any responsibility for the results obtained from the correct or incorrect application of the information supplied herein.

Remember: Nutrition is NOT medication.

Nutrition is to build and maintain health, not to treat disease.

Continue what you have been taking during Phase One and:

Phase Two

ADD Soy Protein, Multi-Vitamin/Mineral, Vitamins B, C, E,
Carotenoid Complex, EPA, and Lactobacillus Acidophilus and Bifidus

<u>Supplements</u>	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Other</u>
<u>Soy Protein in Milk, Juice, or Water</u> -----	_____	_____	_____	_____
<u>Multi-Vitamin/Mineral</u> -----	_____	_____	_____	_____
Fiber	_____	_____	_____	_____
Alfalfa	_____	_____	_____	_____
<u>B-Complex</u> -----	_____	_____	_____	_____
<u>Vitamin-C</u> -----	_____	_____	_____	_____
<u>Vitamin-E</u> -----	_____	_____	_____	_____
<u>Carotenoid Complex</u> -----	_____	_____	_____	_____
<u>Omega-3 Complex</u> -----	_____	_____	_____	_____
Flavonoid Complex	_____	_____	_____	_____
Immune Formula Vitamins	_____	_____	_____	_____
Interferon Enhancer	_____	_____	_____	_____
Natural Cleansing Herbs	_____	_____	_____	_____
Pure Water	_____	_____	_____	_____
Clean Air	_____	_____	_____	_____
Coenzyme Q10	_____	_____	_____	_____
<u>Lactobacillus Acidophilus and Bifidus</u> -----	_____	_____	_____	_____
<u>Additional Supplements</u>				
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

The above list is a suggested program. Incorporate it slowly into you diet.
**Please be sure to consult with the person who started you on
this program about how you feel and what to expect.**