

# Nutritional Support Program — Daily Intake

## Phase Four

### Special Programs

(Until another Wellness Profile indicates the need is no longer there.)

See statement in this location on Phase One, Two, and Three Daily Intake sheets. There are no guarantees in life. Statistically, this is what helped other people in similar situations. It may help you. We believe so strongly in it, that we offer a money back guarantee.

**Remember: Nutrition is NOT medication.**

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

Continue what you have been taking during Phase Three and:

YOUR WELLNESS PROFILE SUGGESTS THAT you may also benefit by adding the following to your supplement program.

<u>Supplements</u>	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Other</u>
Calcium and Magnesium	_____	_____	_____	_____
Iron	_____	_____	_____	_____
Zinc	_____	_____	_____	_____
Lecithin	_____	_____	_____	_____
GLA (Gamma-Linolenic Acid)	_____	_____	_____	_____
Either or Both				
Cholesterol Lowering Fiber	_____	_____	_____	_____
Cholesterol Regulating Herbs	_____	_____	_____	_____
Garlic	_____	_____	_____	_____
<u>Other Herbs</u>				
Ginseng Energy Core*	_____	_____	_____	_____
Echinacea — Defenders	_____	_____	_____	_____
Ginkgo Biloba — Mental Alertness	_____	_____	_____	_____
Glucosamine Hydrochloride — Joint Health	_____	_____	_____	_____
Milk Thistle — Detoxifiers	_____	_____	_____	_____
Multi-Enzyme Digestive Aid	_____	_____	_____	_____
Peppermint and Ginger	_____	_____	_____	_____
Saw Palmetto	_____	_____	_____	_____
Hormone Balancing Herbs	_____	_____	_____	_____
Hormone Balancing Cream	_____	_____	_____	_____
St. John's Wort — Mood Balance	_____	_____	_____	_____
Valerian — Sleep Help	_____	_____	_____	_____
Insulin Efficiency Enhancer	_____	_____	_____	_____
Stress Reliever*	_____	_____	_____	_____
Pain Relieving Herbs	_____	_____	_____	_____
Pain Cream	_____	_____	_____	_____
Hair and Scalp Health	_____	_____	_____	_____

**Sports Nutrition**

**Breakfast**

**Lunch**

**Dinner**

**Other**

Fluid and Electrolyte Replacement

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Post Exercise Muscle Rebuilder

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High Energy Snacks

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**Additional Supplements**

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**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.**

- \* The ingredient Ashwagandha in Stress Reliever is traditionally noted for its "calming" properties, while Panax ginseng in Ginseng Energy Core is traditionally valued for its "stimulating" activity. Therefore, on any given occasion it may be more appropriate to choose just one of these products, Ginseng Energy Core or Stress Reliever, according to need.