

NAME:

DATE:

**Nutri-West to Xymogen to Optimal Health Systems Supplement Crossover Chart**

			<b>DOSAGES</b>							
Nutri West Product	BioEnergyX / XYMOGEN	Opti-Nutrients/OHS	Arise	Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Bedtime	Months
Core Level Health Reserve	Activ Nutrients™	Vitamin Mineral Antioxidant		2				1		
Core Level Kidney	DioVasc™	Fruit & Veggie Plus		1						
Core Level Lung	Hist DAO™	Optimal Oxy Pure		1dropper	1dropper	1dropper				
Core Level Pancreas	MedCaps IS™	Optimal Fat Sugar Trim		2		1			2	
Core Level Prostate	Prostate FLO™	Optimal Male+T		1		1		1		
DSF Glandular	MaX Adrenal™	Opti - Adrenal™		1		1		1		
DSF Herbal	MaX Adrenal™	Opti - Adrenal™		1		1		1		
F-Complex	Omega EFA™	Optimal EFA		1				1		
Homocysteine Redux	Methyl Protect™	Optimal Male+T or Female +B		1		1		1		
Hypo-D	GastrAcid™	Optimal Digestion		1,2		1,2		1,2		
L-Glutamine Plus	GlutAloeMine™	Optimal Muscle Rx		1		1		1		
Super E-P-A	OmegaPure 780™	Optimal EFA		1				1		
Super-Ox	Nrf2 Activator™	Optimal Opti-Force		1		1				
Total Alpha Lipoic Acid	ALAmx™	Optimal Opti-Force		1		1		1		
Total Aluminum (HO)	MaX Aluminum™	Opti - Metal Detox™	(1-3 drops 3 x day)							
Total Arginine *	N.O.max™	Optimal L-Arginine		1sv						
Total Bac-T (T) *	Berbemycin™	Fruit and Veggie Plus	1 sv Breakfast, 1 sv Bedtime							
Total Barium (HO)	MaX Barium™	Opti - Metal Detox™	(1-3 drops 3 x day)							
Total Boron	Ossopan 1100™	Optimal BonePlus		1		1		1		
Total Brain	MaX Brain™	Optimal Natural Vitality		2		1				
Total Bromine (HO)	MaX Bromine™	Opti - Enviro Detox™	(1 to 3 drops 1 to 3 x day)							
Total Cadmium (HO)	MaX Cadmium™	Opti - Metal Detox™	(1-3 drops 3 x day)							
Total Calcium	Ossopan 1100™	Optimal BonePlus		1				1		
Total Chelate	CheleX™	Opti-Cleanse & Repair		1		1		1		
Total Chlorine (HO)	MaX Chlorine™	Opti - Enviro Detox™	(1 to 3 drops 1 to 3 x day)							
Total Cort	RelaxMax™	Optimal REM Sleep	2-4 at Bedtime							
Total DHEA	DHA	Optimal EFA	1 Breakfast, 1 Lunch, 1 Dinner							
Total Enzymes	XymoZyme™	Optimal Digestion		1,2		1,2		1,2		
Total Eyebright C	I-Sight™	Optimal Opti-Force		1		1		1		
Total Eyebright M	I-Sight™	Optimal Opti-Force		1		1		1		

Total Female	MenoFem™	Optimal Female+B	1	1	1			
Total Fiber	Optifiber SCFA™	Opti-Cleanse & Repair	1	1	1			
Total Flaxseed Oil	OptiCleanse Plus™	Complete Nutrition Plus	1sv		1sv			
Total Flu-Cld #1 (HO) (Nasa	Viragraphis™	Optimal Defense	1	1	1			
Total 5-HTP	5-HTP CR	Optimal REM Sleep				2,4		
Total Green Whey Protein P	IgG Pure™	Complete Nutrition Plus	1 sv Breakfast					
Total GHR	N.O.max™	Optimal L-Arginine	1sv		1sv			
Total Heart (chew)	MaX Heart™	Optimal Longevi-D	1	1	1			
Total Heart II (chew)	MaX Heart™	Optimal Longevi-D	1	1	1			
Total Inflam	MaX DeFlam™	Optimal Acute	1	1	1			
Total Joint Support	DJD Factors™	Optimal Chronic	2		2			
Total L-Carnitine	CarniteX™	Optimal Fat Sugar Trim	1		1			
Total Lipotropic	LipotropiX™	Optimal Fat Sugar Trim	1		1			
Total Leaky Gut	MaX GI™	Opti-Cleanse & Repair	1	1	1			
Total Liver D-Tox	MaX Liv Detox™	Optimal Liver Kidney	1	1	1			
Total Male	TestoPlex™	Optimal Male+T	1	1		1		
Total Mercury (HO)	MaX Mercury™	Opti - Metal Detox™	(1-3 drops 3 x day)					
Total Mitochondria	Mitochondrial Renewal Kit	Fruit and Veggie Plus	1 sv Breakfast, 1 sv Bedtime					
Total Multimune	MaX Immune™	Optimal Defense	1	1	1			
Total Niacin	NiaVasc™	Optimal Natural Vitality	2 Breakfast, 1 Lunch					
Total Para	MaX Para™	Optimal Opti-Cleanse	1	1	1			
Total Pregnenolone	Pregnone Plus Topical™	Optimal Female+B	1 Breakfast, 1 Lunch, 1 Bedtime					
Total Probiotics	ProbioMax™	Optimal Flora Plus	1	1	1			
Total Pro-Jes (HO)	Pregnone Plus Topical™	Optimal Female+B	1 Breakfast, 1 Lunch, 1 Bedtime					
Total Protect	Nrf2 Activator™	Optimal Opti-Force	1		1			
Total Systemic D-Tox	OptiCleanse GHI™	Complete Nutrition Plus	1sv			1sv		
Total Thallium (HO)	MaX Thallium™	Opti-Metal Detox	(1-3 drops 3 x day)					
Total Tin (HO)	MaX Tin™	Opti-Metal Detox	(1-3 drops 3 x day)					
Total Thyroid	MaX Thyroid™	Opti-Thyroid	1	1	1			
Total Trim	Appecurb™	Optimal Fat Sugar Trim	2		2			
Total Upper GI	MaX GI™	Opti-Cleanse & Repair	1	1	1			
Total Uranium	MaX Uranium™	Opti-Metal Detox	(1-3 drops 3 x day)					
Total Veggie	OrganiX PhytoFood™	Fruit and Veggie Plus	1sv					
Total Virx	MaX VRL™	Optimal Defense	1	1	1			
Total Yst Redux	Candidical™	Optimal Defense	1	1	1			
Hypothalamus/Pituitary	Max Hypothalamus-Pituitar	Optimal REM Sleep				2,4		
Vana Chrom	MedCaps IS™	Optimal Fat Sugar Trim	2			2		
<b>NOTE:</b> Muscle test homeopathics								
<b>NOTE:</b> No food or water 20 min. before and after homeopathics								
<b>DO NOT</b> use caffeine or mint when using homeopathics								
<b>DO NOT RUN OUT OF SUPPLEMENTS! PLEASE BRING TO YOUR NEXT APPOINTMENT FOR RE-TESTING</b>								