

NAME:

DATE:



Daily DOSAGES

	Arise	Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Bedtime	Months
Optimal 1 Digestion™		1,2		1,2		1,2		
Optimal 2 Whole Food Vitamin Mineral™		2				1		
Optimal Acute™		1		1		1		
Opti - Adrenal™		1		1		1		
Optimal Adrena Boost™		1		1		1		
Optimal BonePlus™		1		1		1		
Optimal Calcium™		1		1		1		
Optimal Chronic™		2				2		
Optimal Complete Nutrition Plus™		1				1		
Opti-Cleanse & Repair™		1		1		1		
Optimal Defense™		1		1		1		
Optimal EFA™		1		1		1		
Opti - Enviro Detox™	<i>(1 to 3 drops 1 to 3 x day)</i>							
Optimal Fat/Sugar/Trim		1				1		
Optimal Female+B™		1		1		1		
Optimal Flora Plus™		1		1		1		
Optimal Fruit and Veggie Plus™		1				1		
Opti-Iodine™		1				1		
Opti-Immune™		1		1		1		
Optimal Iron™		1		1		1		
Optimal Longevi-D K2™		1		1		1		
Optimal L-Arginine™		1						
Optimal Liver/Kidney™		1		1		1		
Optimal Male+T™		1		1		1		
Opti - Methyl B™		1				1		
Opti - Metal Detox™	<i>(1-3 drops 3 x day)</i>							
Opti-Mito-Force™		1		1		1		
Optimal Muscle Rx™		1		1		1		
Optimal Natural Vitality™		2		1				
Optimal Opti-Cleanse™		1		1		1		
Optimal Opti-Force Total Antioxidant™		1				1		
Optimal Opti-Nitric™		1				1		
Optimal Oxy Pure™	<i>(1-3 drops 3 x day)</i>							
Optimal REM Sleep™							2,4	
Opti-Thyroid™		1		1		1		
Opti-Whole B™		1		1		1		
Opti-Whole C™		1		1		1		

DO NOT RUN OUT OF SUPPLEMENTS! PLEASE BRING TO YOUR NEXT APPOINTMENT FOR RE-TESTING!