

NAME:

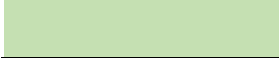
DATE:



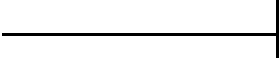
## Daily DOSAGES

	Arise	Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner
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
Opti-Brain™		1		1		1
Optimal Calcium™		1		1		1
Optimal Chronic™		2				2
Optimal Complete Nutrition Plus™		1sv				1sv
Opti-Cleanse & Repair™		1		1		1
Optimal Defense™		1		1		1
Optimal EFA™				<i>1 Breakfast, 1 Lunch, 1 Dinner</i>		
Opti - Enviro Detox™				<i>(1 to 3 drops 1 to 3 x day)</i>		
Optimal Fat/Sugar/Trim		1				1
Optimal Female+B™				<i>1 Breakfast, 1 Lunch, 1 Bedtime</i>		
Optimal Flora Plus™		1		1		1
Optimal Fruit and Veggie Plus™				<i>1 sv Breakfast, 1 sv Bedtime</i>		
Opti-Iodine™		1				1
Opti-Immune™		1		1		1
Optimal Iron™		1		1		1
Optimal Longevi-D K2™		1		1		1
Optimal L-Arginine™		1sv				
Optimal Liver Kidney™		1		1		1
Opti-MagnaSTEM™		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™		1				1
Optimal Opti-Nitric™		1				1
Optimal Oxy Pure™				<i>(1-3 drops 3 x day)</i>		
Optimal REM Sleep™				<i>2-4 at Bedtime</i>		
Opti-Thyroid™		1		1		1
Opti-Whole B™		1		1		1

Opti-Whole C™		1		1		1
LipoLean CLA™		1				1
<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</b>						

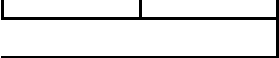


Bedtime	Months



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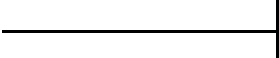
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**E-TESTING!**

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