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DATE:

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

			DOSAGES							
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™		1 dropper	1 dropper	1 dropper				
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™		1 sv						
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™	Opti- Brain™		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	Opti-Mito™	1	1	1			
Total Multimmune	MaX Immune™	Opti-Immune™	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™	Opti-Immune™	1	1	1			
Total Yst Redux	Candididal™	Opti-Immune™	1	1	1			
Hypothalamus/Pituitary	Max Hypothalamus-Pituitar	Optimal REM Sleep™				2,4		
Vana Chrom	MedCaps IS™	Optimal Fat Sugar Trim™	2			2		
NOTE: Muscle test homeopathics								
NOTE: No food or water 20 min. before and after homeopathics								
DO NOT use caffeine or mint when using homeopathics								
DO NOT RUN OUT OF SUPPLEMENTS! PLEASE BRING TO YOUR NEXT APPOINTMENT FOR RE-TESTING								