

NAME:

DATE:



### Daily DOSAGES

	Arise	Breakfast	Mid-Morning	Lunch	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		
Opti-BFF™		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™	1 Breakfast, 1 Lunch, 1 Dinner							
Opti - Enviro Detox™	(1 to 3 drops 1 to 3 x day)							
Optimal Fat/Sugar/Trim™		1				1		
Optimal Female+B™	1 Breakfast, 1 Lunch, 1 Bedtime							
Optimal Flora Plus™		1		1		1		
Optimal Fruit and Veggie Plus™	1 sv Breakfast, 1 sv Bedtime							
Opti-GI™		1		1		1		
Opti-Heart™		1				1		
Opti-Iodine™		1				1		
Opti-Immune VRL™		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-Lung™		1				1		
Opti-MagnaSTEM™		1		1		1		
Opti - Methyl B™		1				1		
Opti - Metal Detox™	(1-3 drops 3 x day)							
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 Opti-T™		1		1		1		
Optimal Oxy Pure™	(1-3 drops 3 x day)							
Optimal REM Sleep™	2-4 at Bedtime							
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								

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