

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		
Opti-Female™		1				1		
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 - Methyll 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)							
Opti-Para™		2				2		
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		
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!