



PLEASE POST ON YOUR REFRIGERATOR

Order: (800) 950-0387 or www.MarkitHealth.com

IMPORTANT "PROTOCOL" INFORMATION:

Taking the supplements below before meals (1 Minute to 1 Hour Before) will ensure the maximum effectiveness for each formulation and will assist you with your protocol compliance. Taking with food is also acceptable if you experience stomach upset. | Establishing a disciplined routine will prevent you from falling behind on your monthly program. This is especially important when you are on one of our Auto-ship packages. | These protocols listed below were created to take just a few minutes per day.

AMAZING AMINOS: 1 delicious "Citrus Flavored" scoop in 8 ounces of water, twice per day --or-- 2 scoops in 12 ounces of water, once per day taken before meals. Stir Vigorously. (REFRIGERATE After Opening)

NOTE: 4 to 6 scoops per day are common when dealing with issues on a therapeutic level. | Splitting the dose is recommended. (EXAMPLE: 3 scoops before breakfast & 3 scoops before lunch or dinner - total 6 scoops). Taste Hint: You may also mix AMAZING AMINOS in juice, smoothies or protein powder.

CELLMetrix: 1 capsule, twice per day taken before meals. (Store in a Cool Dry Place)

CIRComplete: 1 capsule, three times per day taken before meals. (Store in a Cool Dry Place)

NOTE: It is acceptable to take multiple capsules at one time. | More than 3 capsules per day are common when dealing with issues on a therapeutic level.

CurcuGenix: 2 capsules, twice per day taken before meals. (Store in a Cool Dry Place)

NOTE: More than 4 capsules per day are common when dealing with issues on a therapeutic level. | Splitting the dose is recommended. | Read the warning label on the bottle before use. *Do not use if you are taking any blood thinners without consulting your physician.*

DAILYMetrix: 1 ounce of pleasant tasting liquid per day taken before meals. (REFRIGERATE After Opening)

NOTE: Splitting the dose is best but not essential. (EXAMPLE: 1/2 oz before breakfast & 1/2 oz before lunch or dinner - total 1 ounce). | 2 to 3 ounces per day is common when dealing with issues on a therapeutic level. | The cap is 1 oz. | Shake vigorously and then swish the liquid around in your mouth before swallowing for 30 seconds. This is a great way to assimilate some of the nutrients sublingually. | Always follow with 8 to 12 ounces of clean water.

Taste Hint: You may also mix the liquid supplement in your favorite juice, smoothie, protein powder or simply with 8 to 12 ounces of water.

Open within 6 months, refrigerate and consume within 45 days.

DiaMetrix: 2 caplets, three times per day before meals. (Store in a Cool Dry Place)

DNA360: 1 capsule, once per day taken before any meal. (Store in a Cool Dry Place)

D2Metrix: 1 capsule, twice per day taken before meals. (Store in a Cool Dry Place)

NOTE: Splitting the dose is best but not essential. (EXAMPLE: 1 capsule before breakfast & 1 capsule before lunch or dinner). | Taking more than 2 capsules per day is not necessary. | *The current label suggests taking with food. This will change to "before meals" on our next label run. Either with food or before is fine but taking before food is recommended for protocol adherence.*

OPTIFactor: 2 capsules, three times per day before meals. (Store in a Cool Dry Place)

Plusbiotic: 1 capsule, three times per day taken before meals. (Store in a Cool Dry Place)

NOTE: It is acceptable to take multiple capsules at one time. | More than 3 capsules per day are common when dealing with issues on a therapeutic level.

SupplementBOOST: 5 pumps into any liquid, twice per day. (Store in a Cool Dry Place)

NOTE: Using filtered water is recommended. Therapeutic Dose: 5 pumps into any liquid up to 8 times per day.

SyntraShield: 1 capsule, once per day before any meal. (Store in a Cool Dry Place)

NOTE: 2 to 6 capsules per day are common when dealing with issues on a therapeutic level. | Splitting the dose is recommended. (EXAMPLE: 3 capsules before breakfast & 3 capsules before lunch or dinner - total 6 capsules).

VDAPure: 2 capsules, once per day before any meal. (Store in a Cool Dry Place)

NOTE: 6 capsules per day are common when dealing with issues on a therapeutic level. | Splitting the dose is recommended. (EXAMPLE: 3 capsules before breakfast & 3 capsules before lunch or dinner - total 6 capsules).

Vibrant & Clear Phospholipid Wafers: 2 delicious "Berry Flavored" chewable wafers taken anytime during the day, either together or separately. (Store in a Cool Dry Place)

NOTE: Some people have reported great results with weight loss by eating their wafers after meals as a dessert replacement. | 4 to 8 Wafers per day is common when dealing with issues on a therapeutic level. | Taking the Wafers before meals with the rest of your supplements is recommended for protocol adherence.

WRITE YOUR PROTOCOL HERE: