

PRODUCT USAGE CHART

Establishing a consistent routine will help you stay on track with your monthly program—especially if you're enrolled in one of our Auto-Ship packages. The protocols below are designed to take only a few minutes each day.

DAILYMetrix: Take 1 oz (2 tablespoons) once daily. DAILYMetrix has a tart berry-citrus flavor and should be taken or mixed with a full 8 oz glass of water, juice, or a smoothie for best results. **(REFRIGERATE Jar After Opening)**. The suggested maintenance amount for DAILYMetrix is typically 1 ounce per day. While it's ideal to split the dose—half in the morning and half in the mid-afternoon—**taking it all at once often helps with consistency**. *Avoid taking DAILYMetrix too late in the day, as the B vitamins may interfere with sleep.*

Vibrant & Clear Phospholipid Wafers: Enjoy 2 delicious *berry-flavored chewable wafers* anytime during the day—either together or spaced apart. NOTE: Some people have reported great results with weight management 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).

AMAZING AMINOS: Mix 2 Scoops of AMAZING AMINOS into any “Liquid or Food” whether “Hot or Cold.” Stir or shake vigorously. **(REFRIGERATE Jar After Opening)**. NOTE: 4 to 6 scoops per day are common when dealing with issues on a therapeutic level. **Don't forget to mix your AMAZING AMINOS in the same glass as your DAILYMetrix Multi-Vitamin / Multi-Mineral.**

CurcuGenix: Take 2 CurcuGenix capsules twice per day—either together or spaced apart. With or without meals. NOTE: Some people have found better results with higher doses when addressing specific concerns. (More than 4 capsules per day is common when dealing with issues on a therapeutic level). Splitting the dose is recommended. Be sure to read the warning label on the bottle before use. **Do not use if you are taking any blood thinners without consulting your physician.**

DiaMetrix: Take 2 caplets, three times per day or 3 caplets, two times per day of DiaMetrix before meals. With meals is Ok as well. (Store in a Cool Dry Place). NOTE: For individuals weighing over 200 lbs, the recommended dosage is 7 tablets per day.

Plusbiotic: Take 1 capsule, three times per day of Plusbiotic. (Store in a Cool Dry Place). NOTE: Some people have found better results with higher doses when addressing specific concerns. (More than 3 capsules per day is common when dealing with issues on a therapeutic level). Splitting the dose is recommended. Be sure to read the warning label on the bottle before use. **Do not use if you are taking any blood thinners without consulting your physician.**

CIRComplete: Take 1 capsule, three times per day of CIRComplete before or with meals. (Store in a Cool Dry Place). NOTE: Some people have found better results with higher doses when addressing specific concerns. (More than 4 to 12 capsules per day is common when dealing with issues on a therapeutic level). Splitting the dose is recommended. Be sure to read the warning label on the bottle before use. **Do not use if you are taking any blood thinners without consulting your physician.**

OPTI Factor: Take 2 OPTI Factor tablets three times daily, or 3 tablets twice daily, with or without food. (Store in a cool, dry place).

ION* Adults and Children 4 and Over: Take 1 teaspoon orally of ION*, 3 times per day. For best results, take 30 minutes before meals. However, it can still be effective when taken with meals or on an empty stomach. (Store in a Cool Dry Place). NOTE: One teaspoon, 3 times a day before or with meals is a typical dose. Two teaspoons, 3 times a day before or with meals is great for people dealing with issues on a therapeutic level. Most people start with a 1/2-teaspoon x 3 per day and work up to their dose to avoid detox symptoms.

BioSpectrum GI: Mix 1 Scoop of BioSpectrum GI powder into liquid, once per day. (Store in a Cool Dry Place) NOTE: Shake or stir well into 8 to 12 oz of liquid (water, juice, smoothies, etc.). Drink promptly due to natural thickening. Follow with an additional 8 oz of water if possible. Using more than one scoop per day is common when addressing issues at a therapeutic level. **For added nutritional support, consider mixing BioSpectrum GI with DAILYMetrix and AMAZING AMINOS as part of your daily wellness routine.**

VDA Pure: Take 2 Capsules, once per day of VDA Pure before or with meals. (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).

Supplement BOOST: Spray 5 Pumps of Supplement BOOST 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.

GLUTATHIONE Complete: Take one (1) vegan capsule of GLUTATHIONE Complete twice daily, or as directed by a healthcare professional.

PureSea Omega-3: Take two (2) softgels of PureSea Omega-3 daily, or as directed by a health care professional.

VITALITY COMBO Packages

VITALITY COMBO: Morning preferred, before or with meals. Add 1 oz of DAILYMetrix liquid to 8–12 oz of clean water or your favorite beverage such as juice or a smoothie. Stir together and drink. Chew 2 Vibrant & Clear Phospholipid Wafers.

VITALITY COMBO + Muscle, Bone & Joint: Morning preferred, before or with meals. Add 1 oz of DAILYMetrix liquid and 2 scoops of AMAZING AMINOS powder to 8–12 oz of clean water or your favorite beverage such as juice or a smoothie. Stir together and drink. Chew 2 Vibrant & Clear Phospholipid Wafers.

VITALITY COMBO + Physical Stress Support: Morning preferred, before or with meals. Add 1 oz of DAILYMetrix liquid to 8–12 oz of clean water or your favorite beverage such as juice or a smoothie. Stir together and drink. Chew 2 Vibrant & Clear Phospholipid Wafers. Take 2 CurcuGenix capsules in the morning. Take another 2 CurcuGenix capsules in the afternoon.

VITALITY COMBO + Blood Sugar & Weight Management: Morning preferred, before or with meals. Add 1 oz of DAILYMetrix liquid to 8–12 oz of clean water or your favorite beverage such as juice or a smoothie. Stir together and drink. Chew 2 Vibrant & Clear Phospholipid Wafers. Take 3 DiaMetrix caplets in the morning. Take another 3 DiaMetrix caplets in the afternoon.

VITALITY COMBO + 3-in-1 Probiotic: Morning preferred, before or with meals. Add 1 oz of DAILYMetrix liquid to 8–12 oz of clean water or your favorite beverage such as juice or a smoothie. Stir well and drink. Take 2 Plusbiotic capsules in the morning. Chew 2 Vibrant & Clear Phospholipid Wafers. Take 1 more Plusbiotic capsule in the afternoon.

VITALITY COMBO + Circulation Support: Morning preferred, before or with meals. Add 1 oz of DAILYMetrix liquid to 8–12 oz of clean water or your favorite beverage such as juice or a smoothie. Stir well and drink. Take 2 CIRComplete capsules in the morning. Chew 2 Vibrant & Clear Phospholipid Wafers. Take 1 more CIRComplete capsule in the afternoon.

VITALITY COMBO + Body Balancer & Natural Adaptogen: Morning preferred, before or with meals. Add 1 oz of DAILYMetrix liquid to 8–12 oz of clean water or your favorite beverage such as juice or a smoothie. Stir well and drink. Take 2 VDA Pure capsules. Chew 2 Vibrant & Clear Phospholipid Wafers.