

PROBIOTICS

MULTIVITAMINS

ProSynbiotic	Men's Carlson	Women's Carlson	50+ Carlson	Children's Renew	Catalyn	Catalyn Chewables	Green's Powder	Men's Carlson	Women's Carlson
2/day	1/day	2/day	1/day	1-2/day	6/day	6/day	1 tsp/day in liquid	2/day	1/day

FISH OIL

B VITAMINS

IMMUNE SYSTEM

EPA/DHA Liquid	EPA/DHA Softgels	Cataplex B	Super Max B	Congaplex	Congaplex Chewables
1 tsp/day w/ meals ½ tsp - kids	2/day	6/day	½ or 1 tsp AM in juice	2/day <u>OR</u> 2 every 4 hours if sick	3/day when sick

MINERALS

DIGESTIVE

JOINT/INFLAMMATION

Trace Minerals	Natural Calm	Polar Mins	HCL Premier	AF Betafood	Nutra Joint	Ligaplex I	Turmeric
1/day	½ - 1 tsp per day/PM	½ tsp 1x/day in liquid	1 after EACH meal	3/day	3/day	4/day	3/day

CALCIUM

VITAMIN D

RED LIGHT THERAPY

Calcium Lactate	Coral + Calcium	Vit D 2,000 IU + 3K	Vit D 400 IU	Joov
6/day	4/day	3-5 drops/day for adults	3 drops/day for small children & babies	Red and near-red infrared light feeds our cells. It increases our body's ability to produce ATP (energy) and helps get rid of lactic acid waste. Fuel for your cells! 7 minutes front of body / 7 minutes back of body *Weekly use recommended
Cataplex F	OsteoVen			
3/day	3/day	2 drops/day for children		
	Vit D 2,000 IU			
	2 drops/day			