

Personalized Supplement Plan

Client Name: Your Name Here

Date: Today

Primary objective: Gut Health Support

Length: 8-12 weeks



Note: The following products have been carefully chosen according to the nutritional specificity of your needs. Do not substitute any other brands or similar products except upon the advice of your healthcare practitioner. Follow the instructions below closely in preference to any directions found on your product label. Contact us immediately for any assistance you may require.

Supplement	upon arising	with breakfast	mid-morning	with lunch	mid-afternoon	with dinner	after dinner	before bed
Genestra HMF Intensive		1 cap						
Genestra Liv Complex		1 cap		1 cap		1cap		
Designs for Health GI-Revive								1 Tbsp
Cyto Matrix Omega D3 Liquid Forte				1 tsp				
Genestra Digest Plus				1-2 caps		1-2 caps		

How to start your supplements: Take all supplements at the end of the meal unless otherwise noted.

IMPORTANT - Always start slowly and work up to the recommended dosages gradually.

Increase the dosage every three days until you have reached the therapeutic range as outlined above and pay close attention to signs your body is giving. If you experience any distress, discontinue use and contact your Practitioner immediately.

DO NOT UNDER ANY CIRCUMSTANCES EXCEED THE MAXIMUM DOSAGES RECOMMENDED!

We cannot be held responsible for any adverse reactions you may experience should you stop your program abruptly, or alter your remedies in any way. If you have any concerns, please contact us.