

# Optimized Health

## SUPPLEMENTS - QUICK REFERENCE GUIDE

**\*Refer to respective bottles for daily supplement serving dosages.**

**Shortly After Waking:** Previous Clients have benefitted from Drinking our Early Morning Alkalizing Drink & Following Supplements: (optional) Vitamin D3, Neptune Krill Oil  
Magnesium L-Threonate, Zinc w/ Copper  
Liver Rescue

**Take w/ Breakfast: Take w/ Food**

Betaine HCl  
Digestive Enzyme

**Mid-Morning:** Previous Clients have Benefitted from Drinking 1 Quart of Spring Filtered Water and taking: Bifidus Power Blend probiotics  
Probiotic Pro Bb536 probiotics  
Maximum Keto Electrolytes

**Take w/ Lunch: Take w/ Food!**

Betaine HCl  
IBguard\*  
Digestive Enzyme  
Garlic Extract

**Afternoon:** (Take w/ another Chocolate Breakfast Shake (if hungry) or just a handful of Macadamia nuts):  
Maximum Keto Electrolytes  
Lactoprime Plus  
Ecophage  
GI Distress Probiotic

**Dinner: Take w/ Food**

Betaine HCL  
IBGuard  
Digestive Enzyme

**!!! No eating 3 hours before bed !!!**

**Before Bed:**

**Bentonite Clay in filtered water (to pull out toxins)**

**\*Research shows taking probiotics separate from anti-bacterials such as peppermint oil and garlic extract may be best as the beneficial bacteria in the probiotics could be killed off by the antibacterial properties from the peppermint essential oil in the IBGuard).**