

Optimized Health

PARASITE SUPPLEMENTS - QUICK REFERENCE GUIDE

Shortly After Waking: Previous Clients have benefitted from Drinking our Early Morning Alkalizing Drink & Following Supplements:

Vitamin D3: Take 1 capsule
Neptune Krill Oil: Take 1 capsule
Magnesium L-Threonate: Take 2 capsules
Zinc w/ Copper: Take 1 capsule
Liver Rescue: Take 2 capsules

Breakfast: Previous Clients have Benefitted from Taking:

PARASITE Supplement (R.U.G. or SCRAM): Follow Bottle Serving Recommendations as you start slow and build up
IBGuard: 1 capsule
Ketozyme: 1 capsule (& 1 Gallbladder Enzyme if Gallbladder was Removed)
BEFORE eating breakfast (!!! EXCEPT PROBIOTICS - research shows taking probiotics separate from peppermint oil is best as the beneficial bacteria in the probiotics could be killed off by the antibacterial properties from the peppermint essential oil in the IBGuard).

Mid-Morning: Previous Clients have Benefitted from Drinking 1 Quart of Spring Filtered Water and taking:

Solluna probiotics: 1 capsule
Probiotic Pro Bb536 probiotics: 1 capsule
Maximum Keto Electrolytes: 1 capsule

Lunch: Previous Clients Have Benefitted from Taking:

IBGuard: 1 capsule
Ketozyme: 1 capsule (& 1 Gallbladder Enzyme if Gallbladder was Removed)
Gut Reactive Enzyme: 1 capsule
BEFORE eating lunch

Afternoon: Previous Clients have Benefitted from Drinking 1 Quart of Spring/Filtered Water and taking:

Lactobacillus probiotics: 2 capsules
Maximum Keto Electrolytes: 1 capsule

Dinner: Previous Clients Have Benefitted from Taking:

IBGuard: 1 capsule
Ketozyme: 1 capsule (& 1 Gallbladder Enzyme if Gallbladder was Removed)
Gut Reaction Digestive Enzyme: 1 capsule
BEFORE eating dinner

SCROLL DOWN!

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

Before Bed:

Bentonite Clay: ½ teaspoon in 4 oz glass of water

(ONLY IF YOU HAVE IBS-C!!!) Detoxy Supplement: 1-2 Capsules