

Phase 1

Brain Health

 **Goal:** Pass VCS

☐ Colesevelam

☐ Mycobind 2 scoops morning and evening before meals + EnviroBind 2 caps midday

Bundle 1

☐ Lipid Rescue 1 scoop daily x 1 month, then 1/3 scoop daily

☐ Liver Matrix 2 caps twice per day

☐ UltraPure Liver Concentrate 1 scoop daily

☐ Bile Acid Complex 2 caps twice per day

☐ SunFiber 1 scoop daily

☐ Magnesium Bisglycinate Chelate 2 caps twice per day

Note: Stop binder, Liver Matrix and Bile Acid Complex when out of exposure

Intensive Care

☐ Tetra Cur LPT 1 chewable twice per day

☐ Synapsin LPT 1 chewable twice per day

☐ Glutathione LPT 1 chewable twice per day

Stress and Sleep

☐ QuiCalm 1-2 caps twice per day

☐ Theanine 1-2 caps two three times per day

☐ Deep Blue Sleep 2-3 caps 30 minutes before bedtime

☐ NeuroAdapt 1 two to three times per day

☐ Clarify 1-2 caps twice per day

☐ Other_____

Phase 2

Pathogen Reduction

 **Goal:** Clear MARCONS, Reduce Microbes

Bundle 2

☐ SPM Active one daily x 3 months

☐ EnviroBind two capsules on an empty stomach before bed x 3 months

☐ ParaCleanse Pro 2 caps twice per day x 2 months

☐ Rebiosis 1-2 caps twice per day

Additional Support:

☐ Moducare ES 1 cap twice per day

☐ Biocidin 1 capsule twice per day

☐ Tudca 2 capsules daily with food

Phase 3

GI Health and Detox

 **Goal:** Balance Digestion and Elimination

☐ Food Panel

Bundle 3

- ☐ FloraSync Nerve Pro 2 caps daily
- ☐ GI Mucosal Support 1 scoop daily x 3 months
- ☐ Mega IgG2000 2 capsules daily x 3 months

Other

- ☐ MastQuench 1 cap with meals
- ☐ ADPT Cell Signal 1 scoop daily
- ☐ Pro Multi Enzyme Complex 3 capsules twice per day
- ☐ Digestive Enzymes 2 capsules with meals

Phase 4

Metabolic Efficiency

 **Goal:** Improve Cellular Energy

Bundle 4

- ☐ Follow Metabolic Code Recommendations
- ☐ NutraPro Spectrum 1 capsule daily
- ☐ CoQ10 1 capsules daily
- ☐ Balance Oil 2 capsules twice per day

Additional Support:

- ☐ Cortipure Extract 1-2 caps in the morning and midday
- ☐ Adreno Boost 200 1 capsule with a meal daily
- ☐ SugarReg Pro 2 capsules daily
- ☐ ThyroBalance 37 1-3 capsules in the am
- ☐ T Time 2 capsules am and 1 in pm
- ☐ ALA Forte 1 cap before meals twice per day

Phase 5

Resolution and Repair

 **Goal:** Restore Health

- ☐ VIP

Bundle 5

- ☐ NeuroAdapt 1 capsule twice per day - stop when done with VIP
- ☐ FloraSync Nerve Pro 2 caps daily
- ☐ Neuro Core 2 capsules before bed - stop when done with VIP
- ☐ Moducare ES 1 capsule twice per day
- ☐ EndurO2 LPT 1 chewable twice per day- stop when done with VIP

Additional Support:

- ☐ Ultra Pure Thai Ginseng 1 capsule twice per day

Phase 6

Post VIP

- ☐ Lipid Rescue
- ☐ SunFiber
- ☐ Magnesium bisglycinate
- ☐ NutraPro Spectrum
- ☐ CoQ10
- ☐ Omega 800 2 capsules daily (stop Balance Oil)
- ☐ FloraSync Nerve Pro
- ☐ Moducare ES