DIGESTIVE & GUT ISSUES CONDITION PROTOCOL

Supplementation Regimen:

• Optimal 1 Digestion, 2 capsules with each meal and 1 capsule between **Right For You Right For You** meals, twice per day BECAUSE IT'S MADE BECAUSE IT'S MADE • Flora Blitz 100 Pak: 1 packet morning and night for 2 months, then 1 FOR YOU FOR YOU packet morning **OPTIONAL** (if issues persist): • Soft Cleanse Pak: 1 packet morning and night for the duration of 1 box A OFTMAL HEALTH SYSTEMS A Northati Cones Naturally **FLORA BLITZ** SOFT 100 CLEANSE PAK **31 HEALTH PAKS** 50 HEALTH PAKS DISPENSER INSTRUCTIONS DISPENSER INSTRUCTIONS Press along the perforation and DIGEST-A-MEAL Press along the perforation and push in the flap. Dispense packets push in the flap. Dispense packets TARY SUPPLEMEN

Nutrition Regimen:

- Eliminate all white flour, fried foods, and carbonated drinks
- Limit added sugar intake to 50g daily
- Consume more raw foods

Exercise Regimen:

- Steady State, Low Volume Aerobics: 30 minutes daily (i.e. brisk walk)
- Full Body, Light Weight Strength Training: 30 minutes, 2 times per week