

# PLEASE POST ON YOUR WALL

Order (888) 868-8307 | eMail: [service@MarkitHealth.com](mailto:service@MarkitHealth.com)

## IMPORTANT "PROTOCOL" INFORMATION:

Taking these supplements before meals (1 Minute to 1 Hour Before) will ensure the maximum effectiveness for each formulation and will assist you with your protocol compliance. Taking with food is also acceptable. | Establishing a disciplined routine will prevent you from falling behind on your monthly program. This is especially important when you are on one of our Auto-ship packages. | These protocols listed below were created to take just a few minutes per day.

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**AMAZING AMINOS AC: 1 delicious "Citrus Flavored" scoop in 8 ounces of water, twice per day --or-- 2 scoops in 12 ounces of water, once per day taken before meals. Stir Vigorously. (REFRIGERATE)**

NOTE: Splitting the dose is recommended. (EXAMPLE: 1 scoop before breakfast & 1 scoop before lunch or dinner - total 2 scoops). **Taste Hint: You may also mix in juice, smoothies or protein powder.** 4 to 6 scoops per day are common when dealing with issues on a therapeutic level.

**CELLMetrix: 1 capsule, twice per day taken before meals. (Store in a Cool Dry Place)**

**CIRComplete: 1 capsule, three times per day taken before meals. (Store in a Cool Dry Place)**

NOTE: If tolerated, take multiple capsules at one time. | More than 3 capsules per day are common when dealing with issues on a therapeutic level.

**CurcuGenix: 2 capsules, twice per day taken before meals. (Store in a Cool Dry Place)**

NOTE: More than 4 capsules per day are common when dealing with issues on a therapeutic level. | Splitting the dose is recommended. | Read the warning label on the bottle before use. *Do not use if you are taking any blood thinners without consulting your physician.*

**DAILYMetrix: 1 ounce of liquid per day taken before meals. (REFRIGERATE After Opening)**

NOTE: Splitting the dose is best but not essential. (EXAMPLE: 1/2 oz before breakfast & 1/2 oz before lunch or dinner - total 1 ounce). | 2 to 3 ounces per day is common when dealing with issues on a therapeutic level. | The cap is 1 oz. | When drinking alone, DAILYMetrix has a strong, earthy taste. If the taste does not suite you, we suggest mixing 1oz of DAILYMetrix into 6 to 12 ounces of water or juice for a more pleasant taste.

**Open within 6 months, refrigerate and consume within 45 days.**

**DiaMetrix: 2 caplets, three times per day before meals. (Store in a Cool Dry Place)**

**DNA360: 1 capsule, once per day taken before any meal. (Store in a Cool Dry Place)**

**D2Metrix Plus: 1 capsule, twice per day taken before meals. (Store in a Cool Dry Place)**

NOTE: Splitting the dose is best but not essential. (EXAMPLE: 1 capsule before breakfast & 1 capsule before lunch or dinner).

**OPTIFactor: 2 capsules, three times per day before meals. (Store in a Cool Dry Place)**

**Plusbiotic: 1 capsule, three times per day taken before meals. (Store in a Cool Dry Place)**

NOTE: If tolerated, take multiple capsules at one time. | More than 3 capsules per day are common when dealing with issues on a therapeutic level.

**ION\* (Formerly Named RESTORE): 1 to 2 teaspoons, 3 times per day before meals. (Store in a Cool Dry Place)**

NOTE: One teaspoon, 3 times a day before or with meals is a typical dose. Two teaspoons, 3 times a day before or with meals is great for people dealing with issues on a therapeutic level. **Most people start with a 1/2-teaspoon x 3 per day and work up to their dose to avoid detox symptoms. Review our website for more details on how to take ION\*.**

**SupplementBOOST: 5 pumps into any liquid, twice per day. (Store in a Cool Dry Place)**

NOTE: Using filtered water is recommended. **Therapeutic Dose:** 5 pumps into any liquid up to 8 times per day.

**VDAPure: 2 capsules, once per day before any meal. (Store in a Cool Dry Place)**

NOTE: 6 capsules per day are common when dealing with issues on a therapeutic level. | Splitting the dose is recommended. (EXAMPLE: 3 capsules before breakfast & 3 capsules before lunch or dinner - total 6 capsules).

**Vibrant & Clear Phospholipid Wafers: 2 delicious "Berry Flavored" chewable wafers taken anytime during the day, either together or separately. (Store in a Cool Dry Place)**

NOTE: Some people have reported great results with weight loss by eating their wafers after meals as a dessert replacement. | 4 to 8 Wafers per day is common when dealing with issues on a therapeutic level. | Taking Wafers before meals with your supplements is recommended for protocol adherence.

WRITE YOUR PROTOCOL HERE:

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