

Supreme Nutrition Product:	Description	Dose:	Notes:
Alaria Supreme, 90caps	Vitamin (Iodine). Anti-inflammatory, Antiviral, Trace mineral supplement, Chelation.	Tracemineral: 3caps daily; For detox/metal/chem/chelat/raditon protection- 4-6caps daily	
Ashwaganda Supreme, 90caps	Adrenals - Fatigue, stress, sleep aid (gaba like), mood enhancer.	1-3caps daily	
Body Guard Supreme, 90caps	Detox. Anti-microbial, Blood pressure/sugar, Gall bladder, Liver, EMF protection,	1cap 3x/day	Double dose if using for gall or kidney stones.
Camu Supreme, 90grams	Immune/Allergies. Antiviral, Anti-inflammatory, Vitamin C, Metal Chelator.	Maintnance- 1 scoop daily; Acute chronic conditions- 2-3 scoops daily	
Coconut Oil Supreme	brain support, memory, antiviral	1-5 tbsp per day for brain support	
Endo Supreme, 90caps	Adrenals. Fatigue, Libido, Arthritis, Enocrine adaptogen.	3caps daily	
Golden Thread Supreme, 60caps	Anti-microbial(Broad spectrum). Liver, Gall bladder.	1cap 3x/daily	
Hemo Guard Supreme, 120caps	Anti-inflammatory. Helps normalize hypercoagulation, may decrease platelet aggregation.	1 3x/day between meals	Increase dose during acute infection.
Illicium Supreme, 90caps	Anti-microbial. Gi inlammation, Neuro-protective.	2caps 3x/daily	
Lu Rong Supreme, 45caps	Anti-inflammatory. Muscloskeletal support, Arthritis, Nerve growth factors, Athletic performance, Immune stimulant, Mood enhancer.	2caps daily as therapeutic dose for glucosamine/chondroitin etc. or 1cap daily for other effects	One week break every 2 months.
Manjistha Supreme, 90caps	Anti-inflammatory. Detoxifier-Lymph, Kidney, Blood. Anti-anxiety.	2caps daily, Do not exceed 30grams day	
Melia Supreme, 60caps	Anti-microbial(Broad spectrum). Liver, Antihistaminic.	1cap 3x/daily	
Morinda Supreme, 130 caps	Anti-microbial(Broad spectrum). Anti-inflammatory.	3caps 3x/day or if powder 1 scoop 3x/day	

Oral Defense Supreme, 1fl oz	Anti-microbial(Broad spectrum) for oral cavity.	Before and after brushing we take one drop of Oral Defense and apply it where the gums and teeth meet (top and bottom, front and back of teeth). Twice weekly, we also take 3 drops in a little water (it doesn't mix well) and swirl our toothbrush in it for ten seconds and then rinse it off.	
Reishi Supreme, 90caps	Immune stimulant. Anti-microbial, Methylxanthine toxicity, Kidney, Liver, Fatigue, Longevity, Chemical chelator.	3-6caps daily depending on severity	
Rosemary Supreme, 120caps	Anti-oxidant. Breaks down estrogen, Neuroprotective.	1-2caps 2-3x/daily	
Schisandra Supreme, 90caps	Detox. Adaptogen, Increases-Glutathione production, Energy, Stamina, Focus, Liver function.	1cap 3x/day	
Smilx Supreme, 90caps	Detox. Anti-microbial(broad spectrum), Auto-immune issues, Endotoxin binder, Increase libido.	1cap 3x/day - Can use 1 q.i.d in severe cases	
Takesumi Supreme, 60grams	Detox. Chelator, Trace mineral source, Intestinal upset, Endo-toxemia.	1 scoop daily	
Thera Supreme, 270grams	Immune stimulant. Anti-oxidant, Vitamin/Mineral/Phytonutrient source, Solanine toxicity.	1scoop daily	
Vital Guard Supreme, 160caps	Anti-microbial(Broad spectrum). Neuro and Cardio protective.	4caps 3x/daily as anti-microbial; 2caps 2x/daily for general use	
Wild Greens Supreme, 90grams	Vitamins. General health enhancement, Phytonutrient source.	2 level scoops mixed with 4oz water/juice taken w/meal once daily	For a general health promoting supplement/food.