

THE SIMPLE LIFE

The Simple Life Men and Women's Total Health Package Instructions

Supplements Included:

- Men or Women's Once Daily Multivitamin
- Organic Greens Powder
- Concentrated Fish Oil (Omega 3)
- Vitamin D3
- Turmeric
- Quattro Probiotic

***I recommend taking all supplements with food, except Organic Greens Powder, which can be consumed at anytime.**

***For best digestion and absorption take capsules, softgels, or tablets just prior to consuming any food.**

Supplement Dosage and Timing Instructions

Once Daily Multivitamin – take one tablet prior to first meal of the day.

Organic Greens Powder – mix one scoop with water or protein powder. Consume one serving between first and second meal of the day.

Concentrated Fish Oil (Omega 3) – take one softgel prior to first and last meal of the day.

Vitamin D3 – take one tablet prior to first or second meal of the day.

Turmeric – take one capsule prior to first and last meal of the day. If suffering from intermittent or chronic inflammation take three times per day.

Quattro Probiotic – take one capsule prior to first and last meal of the day.