

THE SIMPLE LIFE

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

Supplements Included:

- Men's 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 (1) tablet prior to first meal of the day.

Organic Greens Powder – mix one (1) scoop with water or protein powder. Consume one serving between first and second meal of the day.

Concentrated Fish Oil (Omega 3) – take one (1) softgel prior to first and last meal of the day.

Vitamin D3 – take two (2) softgels prior to first and second meal of the day.

Turmeric – take one (1) tablet prior to first meal of the day. If suffering from intermittent or chronic inflammation take two (2) to three (3) tablets total per day with meals. (You will need to order extra if you are on monthly subscription plan)

Quattro Probiotic – take one (1) capsule prior to first and last meal of the day.