

## ADVANCED PROGRAM FORMULATIONS

Products	Description	Usage	Notes
<b>Multi-Com #3 Synergy-Com #3</b>	Exclusive formulas used to provide a nutritional “baseline” to assure daily intake of the full spectrum of nutrients	Multi-Com #3 – all types Synergy-Com #3 – all types  <i>Take 1 tab with each meal or more for a Balanced/Mixed Type</i>	Synergy-Com is the natural, “food-form” product. Multi-Com is the USP version. Always use Synergy-Com due to its superior absorption unless a true yeast allergy is present. Synergy-Com is derived from the beneficial yeast <i>Saccharomyces Cerevisiae</i> .
<b>Symplex Paraplex</b>	Exclusive formulas to address <i>Autonomic</i> Metabolic Type requirements	Symplex – Sympathetic Paraplex – Parasympathetic  <i>Take 1-4 tabs with each meal as needed and body allows</i>	To the baseline of the appropriate Multi-Com or Synergy-Com, either Symplex or Paraplex are employed to target specific systems or achieve specific Metabolic Type balancing effects. Severity of imbalance determines number used.
<b>Oxi-Com #1 Oxi-Com #2</b>	Exclusive formulas to address <i>Oxidative</i> Metabolic Type imbalances	Oxi-Com#1 – Slow Oxidizers Oxi-Com #2 – Fast Oxidizers  <i>Take 1-4 tabs with each meal as needed and body allows</i>	To the baseline of the appropriate Multi-Com or Synergy-Com, either Oxi-Com #1 or Oxi-Com #2 are employed to target specific systems or achieve specific Metabolic Type balancing effects. Severity of imbalance determines number used.
<b>Enzigest #1 Enzigest #2 Enzigest #3</b>	Exclusive Metabolic Type non-animal enzyme formulations for Carbo Types, Protein Types and Mixed Types as described in <u>The Metabolic Typing Diet</u> book	Use #1 for Carbo Types (Sym/Slow) Use #2 for Protein Types (Para/Fast) Use #3 for Mixed Types (Bal/Mix)  <i>Take 1-6 caps (or more) at the end of each meal as needed</i>	One of the best, most potent formulations available. Has a wide pH range of utilization, thereby allowing for maximum effectiveness. Can also be taken between meals and before bed for added benefit for those with significant digestive insufficiency. Remember, “It all starts with digestion.” #1 has emphasis for carbohydrate digestion. #2 has emphasis for protein digestion.
<b>HCL #1 HCL #2 HCL #3</b>	Hydrochloric acid formulations customized for the Metabolic Types	#1 – Sympathetic, Slow Oxidizers #2 – Parasympathetic, Fast Oxidizers #3 – Balanced, Mixed Oxidizers  <i>Take 1 or more at the start of each meal as needed</i>	Hcl is necessary for proper digestion, especially of minerals. Many people are deficient. Burping and heartburn are usually indications. To find ideal dosage, take 1 or more until stomach burning results. Then, back off 1 so that no burning is present. Later, as efficiency improves and burning manifests, again drop off one. Continue process until hcl support is no longer needed.
<b>EFA-PLUS #3</b>	Essential Fatty Acids	For all Metabolic Types <i>Take 1 or more with meals as needed</i>	All Metabolic Types need essential fatty acids. Omega3:Omega6 ratio 1:1.
<b>Adreno-Bal</b>	Exclusive Adrenal support formula	For all Metabolic Types <i>Take 1-3 with Breakfast &amp; Lunch</i>	With modern day stress and pace of living, adrenals can use support
<b>Pro-Bio 12</b>	Exclusive Probiotics	For all Metabolic Types <i>Take 1-3 Upon Arising &amp; Before Bed</i>	Promotes growth and health of healthy intestinal bacteria

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<b>Ultra Green</b>	Exclusive Superfoods	#1 – Sympathetic, Slow Oxidizers #2 – Parasympathetic, Fast Oxidizers #3 – Balanced, Mixed Oxidizers  <i>Take 1 or more with meals</i>	Proprietary formulation of 13 organic “superfoods,” customized for the metabolic types. Contains full complement of natural vitamins, minerals, amino acids, essential fatty acids and other nutritional substances.
<b>Proto-Com #1 F / M</b> <b>Proto-Com #2 F / M</b> <b>Proto-Com #3 F / M</b> <b>Adrenotrate</b>	Exclusive protomorphogen formulas to address <i>Autonomic</i> Metabolic Type requirements	#1 – Sympathetic #2 – Parasympathetic #3 – Balanced F – Female, M – Male Adrenotrate – all types <i>Take 1 or more with Breakfast &amp; Lunch</i>	Protomorphogens (glandulars) are employed to stimulate, strengthen, and support the “weak” neuro-endocrine side of the Autonomic Type. They are used irrespective of the Oxidative Type. #1 contains glandulars to strengthen the Parasympathetic. #2 contains glandulars to strengthen the Sympathetic. Adrenotrate supports the adrenal glands.