

Every Day, All People
Nutri-West (800-443-3333)

- 1) Take a multivitamin / mineral supplement:

Core Level Health Reserve 3 per day

- 2) Mitochondrial Health:
 - A) Acetyl-l-carnitine
 - B) Alpha-lipoic acid
 - C) CoQ 10

Complete AG 3 per day

- 3) Increase Glutathione
 - A) N-Acetyl Cysteine, or NAC: **Complete Glutathione** 3 per day
 - B) Undenatured Whey Protein: **Complete Whey-G** 1 scoop per day

- 4) Take omega-3s: **Complete Omega-3 Essentials capsules**
3 g / day = 6 capsules per day

OR

Complete Hi-Potency Omega-3 liquid
1 teaspoon per day

- 5) Take omega-3 antioxidants **Complete Omega-3 Co-Factor** 3 per day

- 6) Take 800 IU vitamin D3 per day **Vitamin D 400** 2 per day

New Antioxidant Shake; put into a blender:

3 Core Level Health Reserve

3 Complete AG

3 Complete Glutathione

3 Complete Omega-3 Co-Factors

2 Vitamin D 400

1 cup of organic plain yogurt; children prefer vanilla; vegans can eliminate the yogurt

1 cup of mixed frozen berries

3/4 cup of pomegranate juice (use 1 cup if not using the yogurt)

Blend

After blending add two scoops of **Complete Whey-G** and mix in with a fork (do **Not** blend). Consume all at once or divide it into thirds to consume throughout day, keep refrigerated. Take Omega-3s separate, preferably at the end of the day.