

### Support For More Rapid Weight Loss - General:

- Berberine Synergy or Berberine Complex
  - Synergy if you have big blood sugar issues and cravings
  - Complex if you have blood sugar issues and a lot of GI issues
- Cortisol Manager - to help reduce belly fat
- PGX Fiber 5g before each meal - to manage blood sugars and reduce cravings

### More Support Based on the Metabolic Assessment You Filled Out

Section	Supplement Recommendation	What does it do
<b>Section I Colon</b>	<ol style="list-style-type: none"> <li>1. GI Synergy</li> <li>2. Digestive Enzyme with Betaine HCL &amp; Bile</li> <li>3. Probiotic (with 3 classes of microbes)</li> <li>4. RepaireVite</li> <li>5. Optional - Cleanse More</li> </ol>	<ol style="list-style-type: none"> <li>1. Antimicrobial cleanse</li> <li>2. Improves Digestion</li> <li>3. Improves the microbiome</li> <li>4. Repairs damaged GI tissue</li> <li>5. Relieves Constipation</li> </ol>
<b>Section II Barrier Function</b>	<ol style="list-style-type: none"> <li>1. RepaireVite</li> <li>2. Liquid Vitamin D</li> <li>3. Optional - can use everything from Section I (Colon) as well</li> </ol>	<ol style="list-style-type: none"> <li>1. Repairs damaged GI tissue</li> <li>2. Heals gut lining</li> <li>3. Improves colon health</li> </ol>
<b>Section III Chemical Tolerance</b>	<ol style="list-style-type: none"> <li>1. See Sections II and remove environmental toxins</li> </ol>	<a href="#">See the EWG</a>
<b>Section IV Stomach Acid - low</b>	<ol style="list-style-type: none"> <li>1. Digestive Enzyme with Betaine HCL &amp; Bile</li> <li>2. Berberine Complex</li> <li>3. Mastic Gum Jarrow</li> </ol>	<ol style="list-style-type: none"> <li>1. Improve digestion</li> <li>2. Improve microbial balance that is affecting digestion</li> <li>3. Kills stomach infections (H-Pylori) that are causing stomach issues</li> </ol>
<b>Section V Stomach Acid - high</b>	<ol style="list-style-type: none"> <li>1. Digestive Enzyme with Betaine HCL &amp; Bile</li> <li>2. Berberine Complex</li> <li>3. Mastic Gum Jarrow</li> </ol>	<ol style="list-style-type: none"> <li>1. Improve digestion</li> <li>2. Improve microbial balance that is affecting digestion</li> <li>3. Kills stomach infections (H-Pylori) that are causing</li> </ol>

		stomach issues
<b>Section VI Pancrease</b>	<ol style="list-style-type: none"> <li>1. Digestive Enzyme with Betaine HCL &amp; Bile</li> <li>2. Digestive Enzymes</li> <li>3. You may need to support the stomach and small intestine</li> </ol>	1.&2 Improve digestion, get rid of gas, bloating, indigestion, and stomach pain
<b>Section VII Small Intestine</b>	<ol style="list-style-type: none"> <li>1. SCFA - EnteroVite</li> <li>2. Probiotic Blend for the small intestine</li> <li>3. RepaireVite SE</li> <li>4. Low Sugar / Low Carbohydrate Diet</li> <li>5. SIBO Protocol - See Njeri for a SIBO removal program</li> </ol>	<ol style="list-style-type: none"> <li>1. Improves pH, and microbe balance, and heals tissue lining</li> <li>2. Supports the microbiome for better digestion, liver, and immune health</li> <li>3. Repairs damaged tissue</li> </ol>
<b>Section VIII Gallbladder</b>	<ol style="list-style-type: none"> <li>1. Methyl-SP Methylation support</li> <li>2. Lypomin - LV</li> <li>3. Metacrin- DX or Bile Min or Digest GB or LV-GB</li> <li>4. Super EFA complex</li> <li>5. Vitamin C 1000 mg</li> <li>6. Krebs Magnesium / Potassium</li> </ol>	<ol style="list-style-type: none"> <li>1. Methylations support</li> <li>2. Fat metabolism</li> <li>3. Phase 1 and 2 detoxification support along with the liver; toxin removal</li> <li>4. Antioxidant and immune support</li> <li>5. Healthy immune function</li> <li>6. Energy production</li> </ol>
<b>Section IX Liver</b>	<ol style="list-style-type: none"> <li>1. Hepatatone Plus</li> </ol>	<ol style="list-style-type: none"> <li>1. Healthy liver function</li> </ol>
<b>Section X - Sugar Metabolism</b>	<ol style="list-style-type: none"> <li>1. Complete Multi with Mineral or Metabolic Synergy Vitamin</li> <li>2. Super EFA</li> <li>3. Berberine Complex</li> <li>4. PGX Fiber</li> </ol>	<ol style="list-style-type: none"> <li>1. Replenish nutrients needed for good</li> <li>2. Antioxidant Immune support</li> <li>3. Blood Sugar Management - Weight Loss</li> </ol>
<b>Section XI Peripheral Use of Sugars</b>	<ol style="list-style-type: none"> <li>1. Complete Multi with Mineral or Metabolic Synergy Vitamin</li> <li>2. Berberine Complex</li> <li>3. Adaptocrine or HPA Adapt</li> <li>4. Pro-omega CRP</li> </ol>	<ol style="list-style-type: none"> <li>1. Replenish nutrients needed for good</li> <li>2. Antioxidant Immune support</li> <li>3. Blood Sugar Management - Weight Loss</li> <li>4. Adrenal support / Stress Management</li> <li>5. Supports cell signaling and is an antioxidant.</li> </ol>
<b>Section XII Adrenals hypo</b>	<ol style="list-style-type: none"> <li>1. Adaptocrine or HPA Adapt or TCM herbs: Bupleuri Relax</li> <li>2. Essential Oils: Lavender, Lemon grass</li> </ol>	<ol style="list-style-type: none"> <li>1. Adrenal support and management</li> <li>2. Calming &amp; uplifting support</li> </ol>
<b>Section XIII Adrenals hyper</b>	<ol style="list-style-type: none"> <li>1. Adaptocrine or HPA Adapt or TCM herbs: Bupleuri Relax</li> <li>2. Cortisol Manager</li> </ol>	<ol style="list-style-type: none"> <li>3. Adrenal support and management</li> <li>4. Calming &amp; uplifting support</li> </ol>
<b>Section XIV Electrolytes &amp; pH</b>	<ol style="list-style-type: none"> <li>1. Electro-pH or Electrolyte Stamina Power Pack</li> </ol>	<ol style="list-style-type: none"> <li>1. Improves electrolyte balance</li> </ol>

<b>Balance</b>		
<b>Section XV Thyroid hypo</b>	1. Thyroxal or ThyroCNV	1. Improves thyroid function and thyroid hormone conversion
<b>Section XV Thyroid hyper</b>	5. Complete Multi with Mineral or Metabolic Synergy Vitamin 6. Pro-omega CRP 7. Nitric Balance 8. Hepatatone Plus 9. Liquid Vitamin D	Supports replenishing key minerals and nutrients that allow thyroid hormone conversion
<b>Section XVII Males - Prostate</b>	1. Prosta-DHT 2. Super EFA 3. Estrovite 4. Fibromin or PGX Fiber	Supports improving estrogen balance and removal for better hormone balance
<b>Section XVIII Males Andropause</b>	1. Vitamin 2. ProOmega CRP 3. Estrovite 4. Fibromin or PGX Fiber	Supports improving estrogen balance and removal for better hormone balance
<b>Section XIX Women Menstruating</b>	1. Super EFA complex 2. Progestaid or Vitex & Vitanica's Pregnancy Prep with Vitamin C 1000 mg - if progesterone support is needed 3. Estrovite - if estrogen support is needed	Supports improving estrogen and progesterone balance for better hormone balance
<b>Section XIX Women Menopausal</b>	1. Progestaid or Vitex & Vitanica's Pregnancy Prep with Vitamin C 1000 mg 2. Super EFA Complex	Supports improving estrogen and progesterone balance for better hormone balance