



Supplements to Order DR.T3/5 Step 90 Day Formula

Start #1, #2, #3, #4 & #5 immediately

1. **UltraClear RENEW**: Two Scoops per day **for 14 days**
2. **Advaclear**: 2 capsules per day for **21 days**.
3. **OmegaGenics® SPM Active**: Two twice per day for one month then one twice per day. **Ongoing.**
4. Nusera 1-2 at night before bed. **As needed for sleep.**
5. Magnesium Glycinate 300 mg at night. **As needed for sleep.**

Start #6, #7, #8 & #9 in 2 weeks

6. **UltraInflamX® Plus 360**: 2 scoops per day. **Ongoing**
7. **UltraFlora Integrity**: One twice per day. **90 days**
8. **Glutagenics**: One scoop with water per day on empty stomach. **90 days.**
9. **Colostrum-LD**: One tablespoon with water twice per day. **Ongoing.**

Start #10, #11 & #12 in another two weeks.

10. **MitoVive**: 1 scoop + H2O/day. **Ongoing**
11. **SpectraZyme® Metagest**: 1-2 with each meal. **Ongoing**
12. **Thyrosol**: 1 twice/day. **Ongoing.**