

# Supplement Guide

## Wake-Up

(empty tummy)

LeptiFix

SAM-e

## Before-Bed

(empty tummy)

ProActive Probiotic

## Before Your Meal

(w/full glass of water)

Organic ACV

DigestZymes

OR

GlycoZyme

## Immunity High Five

(w/your evening meal)

Quercetin

Selenium

SleepEazzz

Vitamin C

Zinc

## Afternoon Refresher

(w/full glass of water)

Hot Melt Mix

L-Glutamine

## As You Break Your Fast

(w/your meal)

BeautySupport

BioOmega 3X

CraveCrusher

GeLean CLA

InflaCrusher

Multivitamin

## In Your Smoothie

FiberMender

Just Juiced Veggies

L-Glutamine

Perfect Paleo Protein

(any flavor)

## Wise Women Supplements

(as you break your fast)

B-Complex

Cal-Mag

CoQ10

Vitamin D