

ENERGY BOOST *Kit*



ON AN EMPTY STOMACH

Nascent Iodine:

Dilute 1 to 3 drops in water.

IMPORTANT

Do not exceed 3 drops daily unless recommended by your healthcare provider. For best results, take 200 mcg of selenium (1 capsule) daily each time you consume iodine.

Happy Tummy:

Dilute 15 drops in water.

Note: If you take nascent iodine you can add Happy Tummy to your water with iodine and apple cider vinegar

IN THE MORNING:

Oil MCT: Take 1 tablespoon daily. It can be added to coffee to give body to almond or coconut milks. It can also be mixed into your favorite protein shake. Start by taking ¼ tablespoon daily and gradually increase the amount until your body gets used to it.

WITH FOOD (AT ANY TIME OF DAY):

Elixir Vita Minerals: Take 4 capsules.

Magnesium Citrate: Take 4 capsules.

BEFORE MAIN MEALS (LUNCH AND DINNER):

Happy Tummy: Dilute 15 drops in water.

