



ANTI-AGING

Nutritional Support Protocol

Dietary and Lifestyle Recommendations:

1. Avoid smoking and excessive alcohol consumption.
2. Avoid simple and refined carbohydrates, such as pasta, pastries and sweets.
3. Do not overeat, reduce calories to appropriate levels.
4. Avoid fried foods, trans fats & cooking with refined vegetable oils. Instead use organic coconut oil and high quality olive oil or macadamia nut oil.
5. Incorporate as many colored vegetables and fruits as possible.
6. Exercise regularly doing both strength and burst training cardio.
7. Manage excess stress levels through a variety of relaxing techniques such as yoga, meditation, tai chi.

Supplement Recommendations:

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

Metabolic Synergy*:	3 capsules twice per day
Brain Vitale:	1 capsule twice per day
KreAlkalyn Pro:	1 capsule twice per day
Resveratrol Synergy:	1 capsule twice per day
Acetyl L-Carnitine:	1 capsule before breakfast or lunch
OmegAval Synergy:	3-6 softgels per day

*Contains carnosine and benfothiamine

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