



## PHASE ONE

### 1-2 WEEKS PRIOR TO GASTRIC BYPASS SURGERY

#### Nutritional Support Protocol

##### *Lifestyle Recommendations:*

1. Practice good sleep hygiene including 8-9 hours of sleep a night.
2. Exercise only if recommended by your doctor.
3. Avoid stress and extra obligations.
4. Ask your doctor which medications should and should not be taken prior to surgery.

##### *Dietary Recommendations:*

1. Avoid potatoes, tomatoes, eggplant, flaxseed, garlic, green tea, ginkgo and ginger which can negatively effect how one reacts to anesthesia and/or affect bleeding time.
2. Avoid all high-fat, high sugar, damaged fats, refined and processed foods.
3. Eat plenty of protein including PaleoMeal whey protein (raises glutathione levels) meat, eggs, and fish (limit fish to 2 times a week).
4. It is important to consume adequate amounts of antioxidants which can be obtained daily through 5-9 servings of vegetables and fruit. If you are unable to get in 5-9 servings of vegetables & fruit you can take 1-2 tablespoons of PaleoGreens.
5. Drink at least 8 - 8 ounce glasses of filtered, mineral or sparkling water every day.
6. Avoid or limit caffeine, alcohol and other potentially neurotoxic compounds like aspartame and MSG.

##### *Supplement Recommendations:*

Stop all vitamin E, vitamin C, vitamin Bs, herbs (such as Ginko) and Fish Oils 1 week prior to surgery.

**L-Glutamine Powder:** 1 teaspoon twice a day

**Zinc Challenge:** 1 tablespoon twice a day with food

*NOTE: The glutamine and zinc above can be mixed together in a small amount of water and taken as a drink.*

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## PHASE TWO

### 1-14 DAYS POST GASTRIC BYPASS SURGERY

#### Nutritional Support Protocol

##### *Lifestyle Recommendations:*

1. Practice good sleep hygiene including 8-9 hours of sleep a night.
2. Ask your doctor which medications should and should not be taken after surgery.
3. Avoid stress and extra obligations.
4. High quality, bioavailable, professional brand supplements are recommended forever to avoid nutrient deficiencies.
5. Avoid alcohol consumption.

##### *Dietary Recommendations:*

1. Avoid refined and processed foods, damaged fats such as margarine and fried foods, and sugar.
2. Advance your diet according to your tolerance and doctor's recommendations from: clear liquids > full liquids > a pureed food diet. Remember your typical meal volume is about 2 ounces and should last about 30-45 minutes.
3. Ease fiber back into your diet slowly but consistently, use PaleoFiber if needed.
4. It is important to consume adequate amounts of antioxidants which can be obtained daily through 1-2 tablespoons of PaleoGreens or PaleoReds in purified water.
5. Probiotic supplementation is recommended after antibiotic treatment ends; 1 teaspoon of Probiotic Synergy powder in water per day.
6. Avoid or limit caffeine and other potentially neurotoxic compounds like aspartame and MSG.

##### *Supplement Recommendations:*

<b>L-Glutamine Powder:</b>	1 teaspoon twice a day
<b>Zinc Challenge:</b>	1 tablespoon twice a day
<b>Arginine*:</b>	1 capsule three times a day (open capsules)
<b>Glucosamine Sulfate:</b>	1 capsule three times a day (open capsules)
<b>Ultra Lemon MSM:</b>	1 tablespoon twice a day

\*If susceptible to herpes outbreaks, take 1 Lysine three times a day or your prescribed medication.

*NOTE: Mix all of the powders and zinc together in a small amount of water and take as a drink.*

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## **PHASE THREE**

### **14 DAYS POST GASTRIC BYPASS SURGERY**

#### **Nutritional Support Protocol**

*Continue this protocol for 6-12 weeks until the patient is able to take capsules & tablets or switches to the long term powders & liquids protocol.*

#### **Lifestyle Recommendations:**

1. Practice good sleep hygiene including 8-9 hours of sleep a night.
2. Avoid stress and extra obligations.
3. Exercise only if recommended by your doctor.
4. High quality, bioavailable, professional brand supplements are recommended forever to avoid nutrient deficiencies.
5. Avoid alcohol consumption.

#### **Dietary Recommendations:**

1. Advance your diet according to your tolerance and doctor's recommendations from: a soft diet to a regular diet. Remember your typical meal volume is about 2 ounces and should last about 30-45 minutes. Eat 5-6 small meals per day, avoid continual snacking and be sure to chew all your food well (to a paste consistency).
2. Avoid all high-fat, high sugar and high calorie foods (dumping syndrome will be a sure sign that you have eaten too much fat or sugar). Avoid refined and processed foods.
3. Do not try to eat foods and drink liquids together. It is very important to have liquids 30 minutes to 1 hour prior to meals or 1 hour after eating meals. Drinking water flushes food through the stomach, depriving the sensation of being full, and encouraging overeating.
4. Eat high-quality protein foods at every meal first. Choose omega-3 eggs, egg whites, fish, chicken, lean meat and **PaleoMeal** whey protein.
5. Ease fiber back into your diet slowly but consistently. Take 1 tbsp of **PaleoFiber** 1-3 times a day if necessary to ensure consistent fiber intake.
6. Probiotic supplementation is recommended after antibiotic treatment ends; 1 teaspoon of **Probiotic Synergy** powder in water per day.
7. It is important to consume adequate amounts of antioxidants. Take 1-2 tablespoons of **PaleoGreens** and **PaleoReds** in purified water everyday.

#### **Supplement Recommendations:**

<b>L-Glutamine Powder:</b>	1 teaspoon twice a day
<b>Zinc Challenge:</b>	1 tablespoon twice a day
<b>Arginine*:</b>	1 capsule three times a day (open capsules)
<b>Glucosamine Sulfate:</b>	1 capsule three times a day (open capsules)
<b>Ultra Lemon MSM:</b>	1 tablespoon twice a day

\*If susceptible to herpes outbreaks, take 1 Lysine three times a day or your prescribed medication.

*NOTE: Mix all of the powders and zinc together in a small amount of water and take as a drink.*

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## **2 MONTHS' POST GASTRIC BYPASS SURGERY COMPREHENSIVE WEIGHT LOSS Nutritional Support Protocol**

### **Lifestyle Recommendations:**

1. Practice good sleep hygiene including 8-9 hours of sleep per night.
2. Participate in a regular balanced exercise program that includes wearing a pedometer to ensure that you collect steps and move more. High intensity short bursts (20-60 seconds) of activity during the day is recommended to enhance growth hormone release. Also engage in resistance training that works all major muscle groups (work each group at least 2 times a week).
3. Engage your circle of support of family and friends.
4. High quality, bioavailable, professional brand supplements are recommended forever to avoid nutrient deficiencies.
5. Avoid or minimize alcohol consumption.

### **Dietary Recommendations:**

1. Avoid all high-fat, high sugar and high calorie foods (dumping syndrome will be a sure sign that you have eaten too much fat or sugar). Also avoid refined, processed foods and damaged fats.
2. Eat 4-6 small meals per day, avoid continual snacking and be sure to chew all your food well (to a paste consistency). Remember your typical meal volume is about 2 ounces and should last about 30-45 minutes.
3. Eat high-quality protein foods at every meal first. Choose omega-3 eggs, egg whites, fish, chicken, lean meat and PaleoMeal whey protein.
4. Do not try to eat foods and drink liquids together. It is very important to have liquids 30 minutes to 1 hour prior to meals or 1 hour after eating meals. Drinking water flushes food through the stomach, depriving the sensation of being full, and encouraging overeating.
5. Take 1 tablespoon of PaleoFiber in water 1-3 times a day as a consistent and easy way to ensure that you have enough fiber in your diet.
6. It is important to consume adequate amounts of antioxidants which can be obtained daily through 5-9 servings of vegetables and fruit. If you are unable to get-in 5-9 servings of vegetables & fruit you can take 1-2 tablespoons of PaleoGreens and PaleoReds.
7. Drink at least 8 - 8 ounce glasses of filtered, mineral or sparkling water every day
8. Avoid or limit caffeine and other potentially neurotoxic compounds like aspartame and MSG.

### **Supplement Recommendations:**

<b>Twice Daily Essential Packets:</b>	1 packet twice a day
<b>EndoTrim:</b>	2 capsules twice a day with meals
<b>Carnitine Synergy:</b>	2 capsules with breakfast and lunch
<b>Digestzymes:</b>	1-3 capsules three times a day with meals
<b>LV-GB Complex:</b>	2 capsules twice per day (breakfast and dinner)
<b>L-Glutamine Capsules:</b>	1 capsule twice a day
<b>Ultra B12-Folate:</b>	1 capsule per day
<b>Ferrochel Iron Chelate:</b>	1 capsule per day
<b>Probiotic Synergy Powder:</b>	1 teaspoon a day (mix in a little water and drink)

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## **2 MONTHS' POST GASTRIC BYPASS SURGERY BASIC WEIGHT LOSS Nutritional Support Protocol**

### **Lifestyle Recommendations:**

1. Practice good sleep hygiene including 8-9 hours of sleep a night.
2. Work back up to 30 minutes of aerobic exercise 3 times a week and 30-60 minutes of resistance training 3-4 times a week.
3. Engage your circle of support of friends and family.
4. High quality, bioavailable, professional brand supplements are recommended forever to avoid nutrient deficiencies.
5. Avoid or minimize alcohol consumption.

### **Dietary Recommendations:**

1. Avoid all high-fat, high sugar and high calorie foods (dumping syndrome will be a sure sign that you have eaten too much fat or sugar). Also avoid damaged fats such as margarine and fried foods, refined and processed foods.
2. Eat 4-6 small meals per day, avoid continual snacking and be sure to chew all your food well (to a paste consistency). Remember your typical meal volume is about 2 ounces and should last about 30-45 minutes.
3. Eat high-quality protein foods at every meal first. Choose omega-3 eggs, egg whites, fish, chicken, lean meat and PaleoMeal whey protein.
4. Do not try to eat foods and drink liquids together. It is very important to have liquids 30 minutes to 1 hour prior to meals or 1 hour after eating meals. Drinking water flushes food through the stomach, depriving the sensation of being full, and encouraging overeating.
5. Take 1 tablespoon of PaleoFiber in water 1-3 times a day as a consistent and easy way to ensure that you have enough fiber in your diet.
6. It is important to consume adequate amounts of antioxidants which can be obtained daily through 5-9 servings of vegetables and fruit. If you are unable to get in 5-9 servings of vegetables & fruit you can take 1-2 tablespoons of PaleoGreens and PaleoReds.
7. Drink at least 8 - 8 ounce glasses of filtered, mineral or sparkling water every day.
8. Avoid or limit caffeine and other potentially neurotoxic compounds like aspartame and MSG.

### **Supplement Recommendations:**

#### **Twice Daily Essential Packets:**

#### **EndoTrim:**

#### **Carnitine Synergy:**

#### **Digestzymes:**

#### **Ultra B12-Folate:**

#### **Ferrochel Iron Chelate:**

1 packet twice a day with food

2 capsules twice a day with food

2 capsules with breakfast and lunch

1-3 capsules with each meal

1 capsule- per day

1 capsule per day

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## **2 MONTHS' POST GASTRIC BYPASS SURGERY BASIC WEIGHT LOSS - Powders & Liquids Nutritional Support Protocol**

### **Lifestyle Recommendations:**

1. Practice good sleep hygiene including 8-9 hours of sleep a night.
2. Work back up to 30 minutes of interval aerobic exercise 3 times a week and 30-60 minutes of resistance training 3-4 times a week.
3. Engage your circle of support of friends and family.
4. High quality, bioavailable, professional brand supplements are recommended forever to avoid nutrient deficiencies.
5. Avoid or minimize alcohol consumption.

### **Dietary Recommendations:**

1. Avoid all high-fat, high sugar and high calorie foods (dumping syndrome will be a sure sign that you have eaten too much fat or sugar). Also avoid refined, processed foods and damaged fats.
2. Eat 4-6 small meals per day, avoid continual snacking and be sure to chew all your food well (to a paste consistency). Remember your typical meal volume is about 2 ounces and should last about 30-45 minutes.
3. Eat high-quality protein foods at every meal first. Choose omega-3 eggs, egg whites, fish, chicken, lean meat and PaleoMeal whey protein.
4. Do not try to eat foods and drink liquids together. It is very important to have liquids 30 minutes to 1 hour prior to meals or 1 hour after eating meals. Drinking water flushes food through the stomach, depriving the sensation of being full, and encouraging overeating.
5. Take 1 tablespoon of PaleoFiber in water 1-3 times a day as a consistent and easy way to ensure that you have enough fiber in your diet.
6. It is important to consume adequate amounts of antioxidants which can be obtained daily through 5-9 servings of vegetables and fruit. If you are unable to get in 5-9 servings of vegetables & fruit you can take 1-2 tablespoons of PaleoGreens and PaleoReds.
7. Drink at least 8 - 8 ounce glasses of filtered, mineral or sparkling water every day
8. Avoid or limit caffeine and other potentially neurotoxic compounds like aspartame and MSG.

### **Supplement Recommendations:**

<b>EndoTrim:</b>	2 capsules twice a day with food (open capsules)
<b>CarniClear:</b>	1 teaspoon with breakfast and lunch
<b>OmegAvail Ultra:</b>	2 softgels per day
<b>Probiotic Synergy</b>	
<b>Powder:</b>	1 teaspoon per day
<b>Super Liquid Folate:</b>	5 drops a day

*NOTE: Mix the powders and liquids together in a small amount of water as a drink.*

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## **POST GASTRIC BYPASS SURGERY COMPREHENSIVE MAINTENANCE**

### **Nutritional Support Protocol**

#### **Lifestyle Recommendations:**

1. Participate in a regular balanced exercise program that includes wearing a pedometer to ensure that you collect steps and move more. High intensity short bursts (20-60 seconds) of activity during the day is recommended to enhance growth hormone release. Also engage in resistance training that works all major muscle groups (work each group at least 2 times a week).
2. Maintain an ideal body weight and keep your BMI (body mass index) less than 25.
3. Practice good sleep hygiene including 8-9 hours of sleep a night.
4. Avoid or reduce stress and extra obligations.
5. High quality, bio-available, professional brand supplements are recommended forever to avoid nutrient deficiencies.

#### **Dietary Recommendations:**

1. Choose lean or low-fat high quality proteins at each meal (chicken breast, turkey breast, lean beef, fish especially salmon, egg white, eggs, PaleoMeal whey protein).
2. Strive for 5 or more servings of vegetables/fruits every day. It is important to consume adequate amounts of antioxidants which can be obtained daily through 5-9 servings of vegetables and fruit. If you are unable to get in 5 or more servings of vegetables & fruit you can take 1-2 tablespoons of PaleoGreens and PaleoReds.
3. Substitute high fiber carbohydrates (non-starchy vegetables and whole grains) for refined & simple carbohydrates. Eliminate refined and simple carbohydrates from the diet (this includes bread, cereal or pasta made with white flour; white rice; white potatoes). Strive to get in 50 grams of dietary fiber a day. 1 tbsp of PaleoFiber 1-3 times a day in water is an easy convenient way to ensure ideal fiber consumption.
4. Eat fish at least 1-2 times a week; choose wild fish from clean waters as opposed to farm raised.
5. Increase the amount of omega 3 fatty acids in your diet (large clean cold water fish is a great way), decrease saturated fat and limit or avoid trans fatty acids (hydrogenated margarines, shortenings and vegetable oils). Cook with olive oil at a low heat.
6. Drink at least 100 ounces of filtered, bottled or non-chlorinated distilled water every day. In addition drink 2-3 cups of Green Tea daily (naturally decaffeinated).
7. Avoid or limit caffeine, alcohol, and other potentially neurotoxic compounds like aspartame and MSG.

#### **Supplement Recommendations:**

<b>Twice Daily Essential Packets:</b>	1 packet twice a day
<b>Digestzymes:</b>	1-3 capsules three times a day with meals
<b>LV-GB Complex:</b>	2 capsules twice per day (breakfast and dinner)
<b>L-Glutamine Capsules:</b>	1 capsule twice a day
<b>Ultra B12-Folate:</b>	1 capsule per day
<b>Ferrochel Iron Chelate:</b>	1 capsule per day
<b>Probiotic Synergy Powder:</b>	1 teaspoon a day (mix in a little water and drink)

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## **POST GASTRIC BYPASS SURGERY BASIC MAINTENANCE Nutritional Support Protocol**

### **Lifestyle Recommendations:**

1. Participate in a regular balanced exercise program that includes wearing a pedometer to ensure that you collect steps and move more. High intensity short bursts (20-60 seconds) of activity during the day is recommended to enhance growth hormone release. Also engage in resistance training that works all major muscle groups (work each group at least 2 times a week).
2. Maintain an ideal body weight and keep your BMI (body mass index) less than 25.
3. Practice good sleep hygiene including 8-9 hours of sleep a night.
4. Avoid or reduce stress and extra obligations.
5. High quality, bioavailable, professional brand supplements are recommended forever to avoid nutrient deficiencies.

### **Dietary Recommendations:**

1. Choose lean or low-fat high quality proteins at each meal (chicken breast, turkey breast, lean beef, fish especially salmon, egg white, eggs, PaleoMeal whey protein).
2. Strive for 5 or more servings of vegetables/fruits every day. It is important to consume adequate amounts of antioxidants which can be obtained daily through 5-9 servings of vegetables and fruit. If you are unable to get in 5 or more servings of vegetables & fruit you can take 1-2 tablespoons of PaleoGreens and PaleoReds.
3. Substitute high fiber carbohydrates (non-starchy vegetables and whole grains) for refined & simple carbohydrates. Eliminate refined and simple carbohydrates from the diet (this includes bread, cereal or pasta made with white flour; white rice; white potatoes). Strive to get in 50 grams of dietary fiber a day. 1 tbsp of PaleoFiber 1-3 times a day in water is an easy convenient way to ensure ideal fiber consumption.
4. Eat fish at least 1-2 times a week; choose wild fish from clean waters as opposed to farm raised.
5. Increase the amount of omega 3 fatty acids in your diet (large clean cold water fish is a great way), decrease saturated fat and limit or avoid trans fatty acids (hydrogenated margarines, shortenings and vegetable oils). Cook with olive oil at a low heat.
6. Drink at least 100 ounces of filtered, bottled or non-chlorinated distilled water every day. In addition drink 2-3 cups of Green Tea daily (naturally decaffeinated).
7. Avoid or limit caffeine, alcohol, and other potentially neurotoxic compounds like aspartame and MSG.

### **Supplement Recommendations:**

<b>Twice Daily Essential Packets:</b>	1 packet twice a day
<b>Ultra B12-Folate:</b>	1 capsule per day
<b>Digestzymes:</b>	1-3 capsules a day with each meal
<b>Ferrochel Iron Chelate:</b>	1 capsule per day

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