

# Optimized Health

## SUPPLEMENTS - QUICK RECOMMENDATION REFERENCE GUIDE

**\*Refer to respective bottles for daily supplement serving dosages.**

### **Shortly After Waking:**

**We recommend Drinking our Early Morning Alkalizing Drink & Following Supplement:**

- **GI Synergy**

### **Take w/ Breakfast: Take w/ Food**

- **Betaine HCl**
- **Digestive Enzyme**

**Mid-Morning:** Previous Clients have Benefitted from Drinking 1 Quart of Spring Filtered Water and taking:

- **Probiotics**
- **Maximum Keto Electrolytes**

### **Take w/ Lunch: Take w/ Food!**

- **Betaine HCl**
- **IBguard\* (Weeks 1-4)**
- **Digestive Enzyme**
- **Garlic Extract (only if you tested SIBO Positive!)**

**Afternoon:** (Take w/ another Chocolate Breakfast Shake (if hungry) or just a handful of Macadamia nuts):

- **Maximum Keto Electrolytes**
- **Probiotics**

### **Dinner: Take w/ Food**

- **Betaine HCL**
- **IBGuard (Weeks 1-4)**
- **Digestive Enzyme**

**!!! No eating 3 hours before bed !!!**

**Before Bed:**

**Bentonite Clay in 8 oz filtered water (to pull out toxins) MIX WELL!!! (may be clumpy)**

**\*Research shows taking probiotics separate from anti-bacterials such as peppermint oil, garlic extract and the herbs in GI Synergy may be best as the beneficial bacteria in the probiotics could be killed off by the antibacterial properties from the peppermint essential oil in the IBGuard etc).**