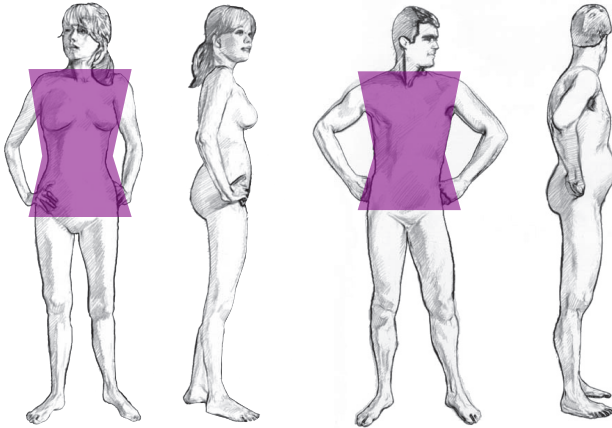


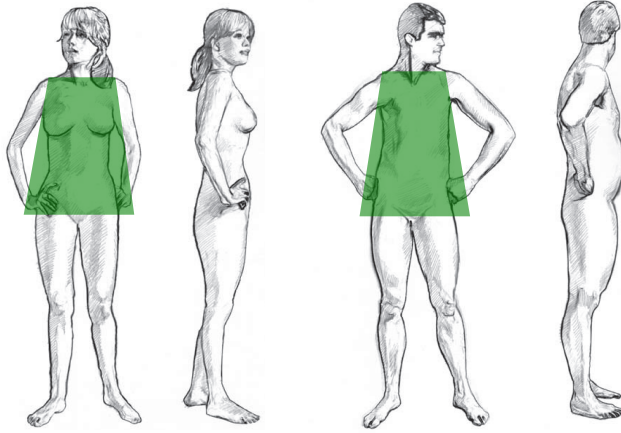
Type 1 PARA



Suggested Formulas

- ___ TPP Digest : At beginning of each meal
- ___ TPP Protease : Three times daily between meals
- ___ Transcendence™ Privita : At beginning of morning
- ___ TPP Probiotic : At bedtime
- ___ BalanceZyme Plus : Before meals for blood sugar balance
- ___ TPP Thyroid Complex : With meals
- ___ ExcellZyme : As needed for energy and focus
- ___ TPP Carbo-G : As needed for gluten or casein intolerance
- ___ ReleaseZyme : Following each meal / at bedtime

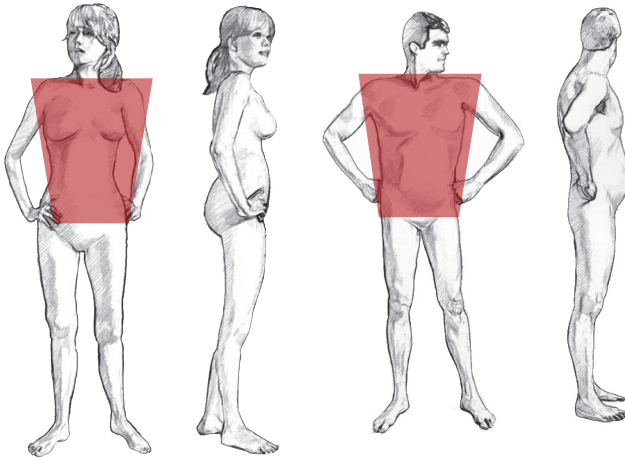
Type 2 ESTRO/TESTRO



Suggested Formulas

- ___ TPP Digest : At beginning of each meal
 - ___ TPP Protease : Three times daily between meals
 - ___ Transcendence™ Privita : At beginning of morning
 - ___ TPP Probiotic : At bedtime
 - ___ TPP Lypo : With and/or between meals for blood lipids (TC, LDL/HDL, TG)
 - ___ LypoZyme : With or between meals for additional support for fat digestion and gallbladder stress
 - ___ TPP Gastro
OR
 - ___ GastroZyme : As needed for heartburn/indigestion
 - ___ TPP Liver Support : Twice daily with food to support detoxification and liver health
 - ___ TPP Essential Fatty Acids : Daily with meals
-

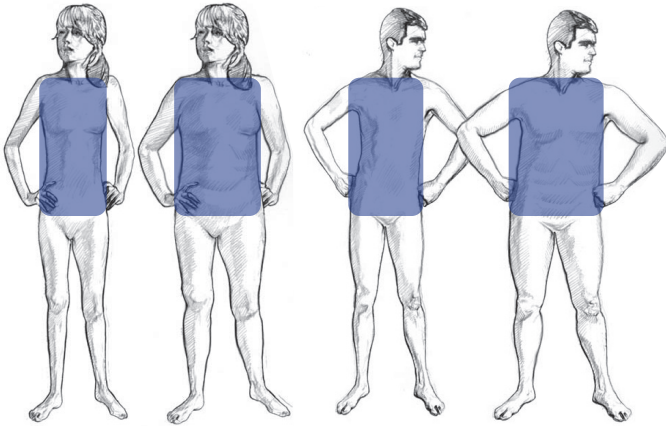
Type 3 SUPRA



Suggested Formulas

- ___ TPP Digest : At beginning of each meal
- ___ TPP Protease : At beginning of each meal
- ___ TPP Protease : Three times daily between meals
- ___ TPP Adrenal Complex : With breakfast and lunch
- ___ TPP Probiotic : At bedtime
- ___ CalmZyme : As needed for stress / at bedtime
- ___ TPP Gastro : Following meals for heartburn/indigestion/reflux
- ___ TPP Protease IFC : Three times daily between meals for aches, pains, and stiff joints
- ___ K-Drain : In water three to four times daily for kidney support
- ___ ReZEN : Daily for stress / cortisol management

Type 4 NEURO



Suggested Formulas

- ___ DigestZyme: At beginning of each meal
- ___ PureZyme : Three times daily between meals
- ___ Super CellZyme : Daily for added nutrient support
- ___ Plantadophilus : At bedtime
- ___ GastroZyme : Following meals for GI discomfort or diarrhea
- ___ Privita : In the morning for endocrine support
- ___ CalmZyme : As needed for stress / at bedtime
