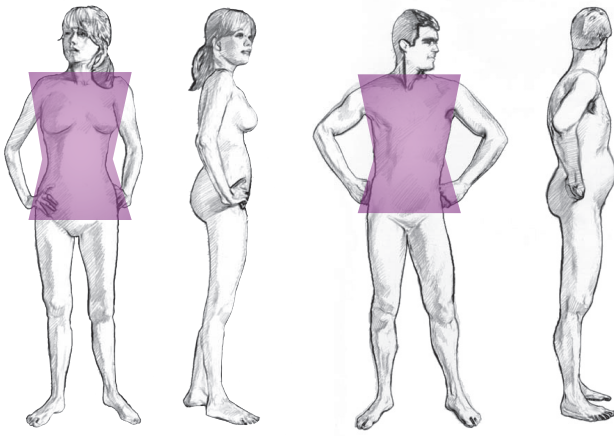


# Type 1 PARA



## Suggested Formulas

- \_\_\_ Digest : At beginning of each meal
- \_\_\_ Protease : Three times daily between meals
- \_\_\_ MasterZyme : At beginning of morning
- \_\_\_ Probiotic : At bedtime
- \_\_\_ BalanceZyme Plus : Before meals for blood sugar balance
- \_\_\_ Thyroid Complex : With meals
- \_\_\_ Carbo-G : As needed for gluten or casein intolerance
- \_\_\_ ReleaseZyme : Following each meal / at bedtime

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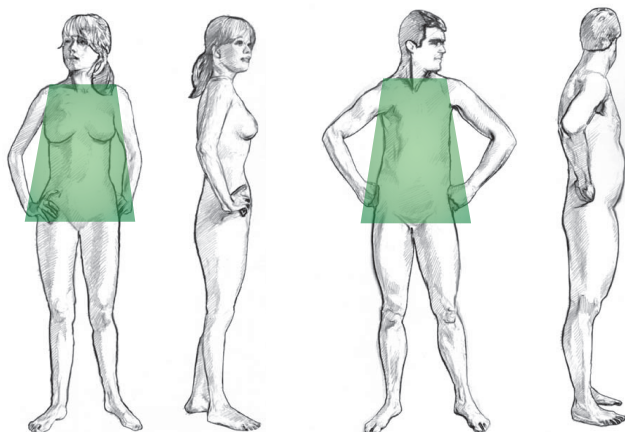
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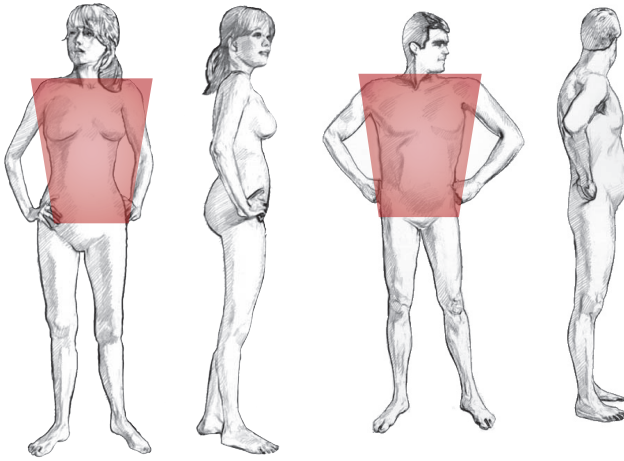
# Type 2 ESTRO/TESTRO



## Suggested Formulas

- \_\_\_ Digest : At beginning of each meal
  - \_\_\_ Protease : Three times daily between meals
  - \_\_\_ MasterZyme : At beginning of morning
  - \_\_\_ Probiotic : At bedtime
  - \_\_\_ 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
  - \_\_\_ Gastro  
OR
  - \_\_\_ GastroZyme : As needed for heartburn/indigestion
  - \_\_\_ Liver Support : Twice daily with food to support detoxification  
and liver health
  - \_\_\_ Essential Fatty Acids : Daily with meals
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# Type 3 SUPRA



## Suggested Formulas

- \_\_\_ Digest : At beginning of each meal
- \_\_\_ Protease : At beginning of each meal
- \_\_\_ Protease : Three times daily between meals
- \_\_\_ Adrenal Complex : With breakfast and lunch
- \_\_\_ Probiotic : At bedtime
- \_\_\_ CalmZyme : As needed for stress / at bedtime
- \_\_\_ Gastro : Following meals for heartburn/indigestion/reflux
- \_\_\_ Protease IFC : Three times daily between meals for aches, pains, and stiff joints
- \_\_\_ ReZEN : Daily for stress / cortisol management

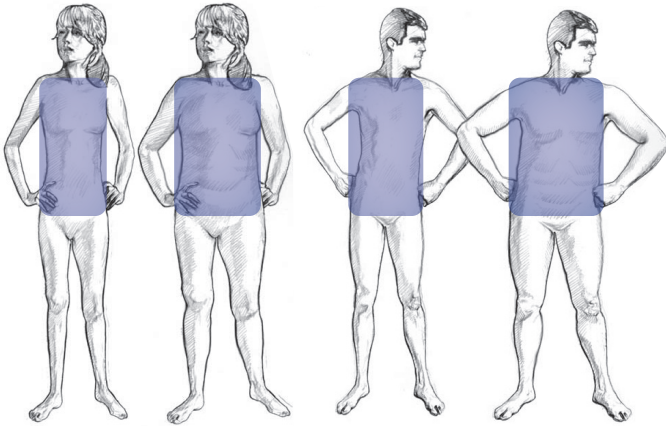
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# Type 4 NEURO



## 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
- \_\_\_ MasterZyme : In the morning for endocrine support
- \_\_\_ CalmZyme : As needed for stress / at bedtime

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