Phase One Loading Supplementation:

For the **first three days** starting Ideal Protein

- **Morning** (With your Ideal Protein meal)
  - 2 Multi Vitamins, 2 Cal-Mag, 1 Potassium Cal, 1 Omega, 2 Anti-Oxy
- **Dinner**
  - 2 Cal-Mags, 2 Enzyme

- **Before Bed**
  - 2 Enzymes

**After the third day** you will continue with the following.

- **Morning**
  - 2 Multi Vitamins, 2 Cal-Mag, 1 Potassium Cal, 1 Omega, 2 Anti-Oxy
- **Before Bed**
  - 2 Enzymes

Multi Vitamin- Has necessary daily allowance of vitamins & minerals
Cal-Mag- Help promote bone density
Potassium-Calcium- Prevent muscle spasm
Enzymes- Assists digestion and weight loss
Omega- Arterial wall integrity and digestive tract assistance
Anti-Oxy Reduce free radical (cancer precursor)