

NUTRACEUTICALS

A.M.	Noon	P.M.	With or without food

HEALTH CARE PROFESSIONAL NOTES:

FAMILY



SUPPORT GUIDE

Created by



NUTRITIONAL FRONTIERS

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This brochure has not been evaluated by the Food and Drug Administration. Products and protocols are not intended to diagnose, treat, cure or prevent any disease.



THE SUPPLEMENTS

OMEGA 2800 LIQUID

take 1 teaspoonful (5ml) daily

CHERRY CHEWS

1 chewable wafer with each meal.

PROBZYME

Chew 1 wafer, 3 times daily, with meals.

IMMUNOMAX

Capsules: 2 capsules 1-2 times per day.

Chewables: 1 wafer, 2 – 4 times daily.

NEUROMAX

4-11 years old: 1/2 tsp. twice daily.

Over 12 years old: 1 tsp., 3 to 4 times daily or as directed by your healthcare practitioner. Product can also be mixed with a small amount of water or juice if desired.

WOMEN'S COMPLETE

Take 4 capsules per day.

FRONTIER MULTI

Take 4 capsules daily with food.

THE FOOD



EVERYDAY

Raw fruits, Raw vegetables Lightly steamed (stir-fried, or roasted veggies), 100% whole grains (wheat less frequently), Oatmeal, Legumes, Olive oil, 6-8 glasses of pure water, Unroasted nuts and seeds



MODERATION

Clean meats (organic, wild game- no hormones or antibiotics), Wild fish, shellfish, Unprocessed fruit and veggie juices, Organic & free range eggs, Coconut oil, high oleic unrefined safflower oil, Peanuts (raw)



RARE OCCASIONS

Pasteurized dairy, Pizza, Alcohol, Coffee, Canned foods, Sweets, Cane sugar



NEVER

Hydrogenated and partially hydrogenated fats & oils (margarine, fried foods, commercial peanut butter, etc.), Artificial sweeteners (aspartame, Splenda a.k.a. sucralose, Sweet N'Low, etc.), Soda, White bread, Fast food, High fructose corn syrup, Seeds