

AM

1 TURMERIC
1 PB ASSIST™

BREAKFAST

2 EACH LLV
2 TERRAZYME™
1 DDR PRIME™

LUNCH

2 EACH LLV
2 TERRAZYME™
2 MITO2MAX™ (OR
WITH WORKOUT)

DINNER

2 TERRAZYME™
1 YARROW
1 ADAPTIV™

BEDTIME

1-2 SERENITY™
1 COPAIBA



DAILY SUPPLEMENT SCHEDULE

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