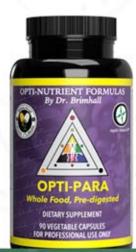
PARASITE CONDITION PROTOCOL

Supplementation Regimen:

- •Opti-Para: 2 capsules 2 times a day in between meals
- •Optimal 1 Digest-A-Meal: 2 capsules 2 times a day in between meals
- •Soft Cleanse: 1 pak morning and evening

OPTIONAL(if needing antioxidant support):

•Add Optimal Fruit & Veggie Plus, one serving daily.





Right For You BECAUSE IT'S MADE FOR YOU



Nutrition Regimen:

- Follow the Optimal Health Solutions 21 Day Blitz Challenge.
 - -Eliminate all white flour, fried foods, and carbonated drinks.
 - -Limit added sugar intake to 50g daily.
 - -Consume more raw foods.

-OR

• Follow the Optimal Health Solutions 63 For Me Eating Plan.

Exercise Regimen:

• Exercise is 20 minutes a day of vigorous aerobics.