

# FATIGUE SUPPORT PROTOCOL

A SUGGESTED NUTRITIONAL PROTOCOL FOR FATIGUE†

## **C.F.S. Support Formula™:**

A synergistic and comprehensive combination of vitamins, minerals, enzymes, herbs, and other nutrients, specifically designed to support those with fatigue.†

**Product Code:** 4546      **Suggested Usage:** Two tablets, twice daily with meals

## **Ester-C Plus:**

Antioxidants have been shown to be reduced and free radical production increased in those with fatigue. Supplemental vitamin C intake is needed.†

**Product Code:** 7847      **Suggested Usage:** Two capsules daily

## **Mag-Tea G:**

Magnesium citrate and a combination of green and white tea extracts in a pleasant-tasting natural lemon juice flavored powder.

**Product Code:** 57126      **Suggested Usage:** One teaspoon daily

## **FlavonAll®:**

This product provides a well-rounded spectrum of plant based antioxidants, including grape seed extract, Pycnogenol® (pine bark extract), bilberry, green tea, and more. Antioxidants have been shown to be depleted in those with fatigue and supplementation may be beneficial.

**Product Code:** FVA      **Suggested Usage:** Two tablets daily

## **Mycococeutics®:**

This blend of 10 medicinal mushrooms is a rich source of beta-1, 3-glucans, polysaccharides that have shown to be potent immune-stimulating compounds.†

**Product Code:** MYCO      **Suggested Usage:** Two capsules, twice daily

## **G.F.S.-2000™ Capsules:**

A green food supplement that supplies valuable phytonutrients and digestive-friendly probiotic cultures.

**Product Code:** 7704      **Suggested Usage:** Two capsules with each meal

**FOR COMPLETE FATIGUE SUPPORT:†**

## **FM Support Pack**

Provides a comprehensive, synergistic blend of vitamins, minerals, amino acids, and essential fatty acids specifically designed to address the nutritional needs of those with fatigue and chronic poor health.† Each pack contains: 3 Basic Preventive®5 multivitamin tablets, 1 Magnesium/Potassium Aspartate capsule, 1 DEPA softgel, 1 Free Form Amino capsule, 1 Pyridoxal-5-Phosphate capsule and 1 Malic Acid tablet.

**Product Code:** 63629      **Suggested Usage:** One pack, twice daily with food

† These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

