

Dietary Supplements:

- ▷ Brewers Yeast PB 2 1 tsp / daily
- ▷ Mag Taur X Cell 1 tsp - " -
- ▷ Vit C (Calc. Ascorbate) 1/2 tsp - "
- ▷ Greens - Spirulina, Barley } 1 tsp daily
Wheatgrass Chlorella }
- ▷ Hi-Zab Turmeric 1 tsp - "
(or raw turmeric - grated)
- ▷ Taken with ginger, garlic, lemon juice, water
- ▷ { 20g soluble sulfated glycan fibre fr *Ulva* sp. 84 + (total in 4 caps)
60mg algal DHA (Schizochytrium sp.)
- * Needs: Tricos B Powder (not capsules) *

▷ Kidney Tea: Ingredients:

Couch grass
Horsetail
Lavender
Marshmallow root
Chrataeva barks
Nettle leaf.

- ▷ Rosehip Tea: (Blackbook tea)
• Triple R - cert. Organic Rosehips,
Rose Petals
Roselle Hibiscus (wildcrafted)

Mag.
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