



NATUROPATHIC PROTOCOL

Morning (7-9am)

Including adjustments to previous prescriptions

Take with meal, 1/2 hour after pharmaceutical medication

- Take 2 capsule CurcuForte
- Take 3 capsules Berb-Evail
- Take 1 tablet Kyolic Heart & Cholesterol Formula

With Meals (all day)

- Take 1 capsule Enterozyme 15 minutes before meals (or with meal, or right after if forget)
- 3 x day

Evening (5-7pm)

Take with meal, away from pharmaceutical medication

- Take 1 capsule CurcuForte
- Take 3 capsules Berb-Evail
- Take 1 tablet Kyolic Heart & Cholesterol Formula

Every 2nd Night (after 9pm)

Take 2 hours AWAY from meal

- Take 1 capsule Heme Synergy before bed, ideally no food after
- Every 2nd night