

August 24, 2020

Gemma Fitzgerald – Program

Product	Morning	Day/afternoon	Evening
Bioceuticals Liposomal Methyl B12 spray	1 spray into inside of cheek. Allow 1- 2min to absorb without swallowing if possible		
Blackmores Vitamin B6 Alternate days with Blackmores Executive B Stress	1 with breakfast or lunch		
Orthoplex Zinc Citrate			2
Bioceuticals Multigest Enzymes	Take 1 with each main meal for at least 2 weeks. Then can reduce to 1 with the biggest meal of the day to support complete digestion and better absorption of all nutrients		
BioCeuticals UltraBiotic 45	1		