

AdvancedClinicalNutrition.COM (ACN)

Maintenance Supplement Program of Care (POC)

The Previous POC expires when presented with a new POC.

Office (940) 761-4045

Start Date	Client's Name	POC No.	Call Dr. Smith Whenever You Need Help!			
			If you have any symptoms lasting 3 days and not gone by the 4 th day, call Dr. Smith for help with this one concern.			

H	R	Sq	T	Sn or	Scars:	BRT:	<input type="checkbox"/> DJ	CCPA Exp:	<input type="checkbox"/> Mail
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Price	N O.	CHOOSE YOUR OWN MAINTENANCE PROGRAM T=Tablet; C=Capsules	Size	Minimal Daily Dosage	Ideal Daily Dose	SPECIAL INSTRUCTIONS AND PURPOSE FOR NUTRIENT SUPPORT OF THE FOLLOWING:
\$11	1	Catalyn	90T	3	6	Multiple Vitamins
\$13	2	Organic Bound Minerals	90T	3	6	Multiple Minerals
\$15	3	Trace Minerals B12	90T	3	6	Multiple Trace Minerals
\$18	4	Parotid	90T	3	6	Chemical & Metal Detoxification
\$12	5	Cholacol II	90T	3	6	Chemical & Metal Detoxification
\$13	6	Zypan	90T	3	6	Digestion - HCL
\$34	7	Multizyme	150C	3	6	Digestion - Enzymes
\$23	8	Cyrofood Tablets	360T	3	6	Calcium with Catalyn (see below)
\$55	8	Cyrofood Powder	10 oz.	½ svg.	1 svg.	Calcium with Catalyn (see below)
\$37	9	SP Green Food	150C	3	6	Green Vegetables*
\$28	14	Whole Food Fiber	8 oz.	1 T.	1 T.	Fiber –when lack raw veg/fruits
\$43	13	Whey Pro Complete	19 oz.	1/2 svg	1 svg	Protein Powder
\$20	10	Gastro-Fiber	150C	3	6	GI System – from Liver to Colon
\$21	11	Gastrex	90C	3	6	Gas, Bloating, Acid
\$44	12	Okra-Pepsin	150C	3	6	Loose, Diarrhea-like stools
\$18	13	LBII	100C	1-3	6	Severe constipation

SPECIAL CLINICAL NUTRITION INSTRUCTIONS

Dosage: Take 3-6 daily of the above. Even 1 daily is better than nothing. 3 daily is the recommended minimal dosage. 6 daily is ideal, therapeutic dosage if you want to continue your healing more efficiently. You can take 3 of some and 6 of others to personalize your own maintenance program needs.

Reverse Side: Also enclosed are instructions on ordering, how to design your own Maintenance Program (MP), special instructions for using the above supplements, how to take supplements if the above are the first supplements you have ever purchased from us. With the above and our **"Updating Your Medicine Chest to a Health Chest"** brochure, you have everything you need to support your daily health and handle home emergencies, flu, accidents, etc., as they occur.

Whole Food Vitamins and Minerals Maintain Health and Heal – Isolated Vitamins/Minerals interfere with your Metabolic process, cause vitamin/mineral deficiencies, and what cannot be eliminated, remain in the body and become toxic to your cells and tissue. You now know the importance of avoiding isolated vitamins/minerals, which are the only type of supplements sold to the public by mail or in stores today. Therefore, Dr. Smith has designed a whole, food maintenance supplement program for you now that you are no longer on a therapeutic program or for new clients who are not ready to start a therapeutic program, yet desire whole foods supplements vs. isolated, crystallized, extracts. Isolates cost more, also. For example, an isolated multiple vitamin and mineral costs approximately \$60-70, where as our whole food multiple vitamin (Catalyn) costs \$11 and our multiple mineral is \$13 (Org. Bound Minerals). That is \$24 vs. \$60-70. So with our multiples, you save \$36 a month, taking 3 daily of each. The general public does not realize that in respect to "multiples" – not only are isolates harmful in the long-term, mixing multiple vitamins with multiple minerals in the same capsule or tablet has another set of adverse affects on the body.

Policy Notice: No Refund or Returns on Supplements or any Product affected by Temperatures.

Also, order as needed items for your: Health Chest and Personal and Environmental Care Products.

Prepared by Dr. Donna F. Smith, Ph.D.

MAINTENANCE SUPPLEMENTS –SELECTING, ORDERING & DOSAGE

Ordering Instructions: You may order any one or more of the Maintenance Supplements listed, as often or as infrequently as you so desire. You do not need an appointment or testing to purchase the maintenance supplements from us. If you choose to take any one or more of them on a monthly basis, please contact us for our Monthly Auto-Ship Schedule so you may know when to expect your monthly shipment and when to notify us to change or cancel monthly auto-shipment. Otherwise, call and order whenever you so desire. Below are guidelines on designing your own Maintenance Program and how to use the supplements to meet your ongoing nutritional requirements. **For First-Aide, refer to your brochure titled, "Updating Your Medicine Chest to A Health Chest."** This brochure and this sheet will give you all the information you need to maintain the good health you have earned through your therapeutic program and/or meet the needs for health maintenance with whole, food supplements or new clients.

Instructions On How To Design Your Own Maintenance Program (MP):

MP1 - Choose to **Catalyn & Organic Bound Minerals** to insure essential vitamin and mineral intake.

MP2 - MP1 plus **Trace Minerals B12** for a more complete mineral intake.

MP3 - Take **Parotid and Cholacol II** to counter the pollution you are exposed to in your air, food and water.

MP4 - You can take **Zypan** to get HCL and **Multizyme** to get your enzymes to fully digest the foods you eat, whether you are eating healthy foods or junk foods. Or just take when you do eat junk food, if that is your biggest concern.

You can design any combination of the above – MP1 or MP2 alone, or you can add MP3 to it so you are getting your vitamins/minerals, plus countering your daily pollution exposure. You can do just MP1 or MP2 with MP3 and then add MP4 to it so you know you are digesting your foods and getting the most nutrients out of what you eat, and they will help you digested junk food better on those occasions.

Whenever you are not getting enough greens in your diet, add **SP Green Food**, when you are not getting enough fiber, add **Whole Food Fiber** or protein, add **Whey Pro Complete**. The latter is great if you want to eat less animal proteins. Use these daily or just when you know you are not getting enough greens, fiber or protein in your diet. Outlined below are some **Special Health Concern** supplements to use as needed> #10 to 12 are for those special times when you experience digestive complaints, constipation or diarrhea-like stools. **Cyrofood** (#8) is great for extra calcium and vitamins for everyone, but this is especially great for children and over 60 years.

Health Concerns - Order the following as need arise.

Cyrofood – Extra Calcium with Catalyn. For children and over 60 years, use powder form. .

SP Green Food – order when not getting enough green vegetables in your diet.

Whole Food Fiber – order when you are not getting enough raw vegetables / fruits (80% diet = raw foods)

Gastro-Fiber – order to support liver, gallbladder, stomach, small/large intestines; take for constipation.

Gastrex- bloating, gas, indigestion, heartburn, nausea, food poisoning. Use with Zypan for Acid Reflux.

Okra-Pepsin – Loose, Diarrhea-like stools, take 6 to start, then 2 every 2 hours until bowels are normal.

LBSII –Gastro-Fiber not sufficient for stubborn or severe constipation? Add LBSII. Increase Dosage slowly.

How To Take Supplements (Full Dosage):

If you have not been on a therapeutic supplement program before and therefore, do not know how to take the above supplements, follow these instructions. The Daily Dosage is the total amount for each day. However, start with one pill daily for 3 days, then on the fourth day, increase to 2 pills daily for another 3 days, then on the next 4th day, go to 3 pills daily, and so on. If you get an upset stomach, call Dr. Smith. Ideally, take your supplements with a lot of purified water 30 minutes before you eat. Divide the total daily dosage you are taking as evenly as possible and take them twice or three times daily. For example, if taking 3 pills daily, take 1 before three meals daily or take 2 before breakfast and 1 before supper. If you tend to get an upset stomach taking pills on an empty stomach, then you may take the supplements closer to the meal. However, take with as little water as possible so you do not dilute the gastric acids being secreted by the stomach to digest your foods. If you have no problems digesting the supplements, then continue Daily Dosage. However, if you experience nausea, bloating, excess gas or any other digestive challenges, then your digestive system is too weak so be sure to order Zypan, Multizyme and Gastrex. In time, you will not need Gastrex. If you have done all of the above without getting the results you need, contact Dr. Smith for additional support.

Ginger Root and Apple Cider Vinegar:- Slice fresh ginger root - use 1 teaspoon mixed in food at every meal. Get Heinz or Braggs 100% Pure Apple Cider Vinegar and drink 1 teaspoon in warm water, you may add 1 teaspoon of honey or a few drops of Stevia, if too bitter, and drink this 30-45 minutes before each meal. IF you skip a meal, drink it anyway. You need 3 cups of Apple Cider Vinegar, and 3 teaspoons of Ginger Root, daily. This is another way to get HCL, instead of taking Zypan and Ginger is another way of helping digestion, similar to Gastrex. HCL and Gastrex are just stronger.

Order the Client Handbook (Cost is \$26) and read Chapter 9 through 15, then 20 of Client Handbook, then return to front of handbook and read the other chapters in order presented. Chapters 9-15 will help you understand how your body heals, what to expect in this healing process, etc. both. It is important to read this as soon as possible. It also provides general Dietary Guidelines.