

# POWERFUL FOODS, GENTLE BEGINNINGS

## *A beginners guide for Simplicity Health products*

**Foundational Nutrients** - Simplicity Health offers a variety of premium, wholefood nutritional supplements which are specially formulated to address the body's need for one or more elements of the **Four Nutritional Building Blocks**:



Combined with proper diet, exercise, and plenty of water, Simplicity Health's products can help you achieve your personal wellness goals and objectives. The best and most effective program is one that is tailored to meet your individual needs.

Start with the product(s) of your choice by choosing one of the suggested programs or by simply following the directions on the individual bottle labels. Both A and B options have been effective and are recommended by other health conscience blue-green microalgae fans.

### Choose option A or B

Purchase quantities of each product per your individual intake, using the Monthly (30 days) Intake Count Ranges as your guide. Do not exceed recommended doses.

### Begin with the "Daily Convenience" and Foundational Nutrients

This chart shows one way to get started that has a proven track record of success over many years.

	<b>Essentials™</b> 30 packets	<b>StemPlex®</b> 60 caps
<b>Week 1</b>	one packet before breakfast daily	2 per day
<b>Week 2</b>	one packet before breakfast and lunch daily	2 per day
<b>Week 3</b>	one packet before breakfast, lunch, and dinner daily	2 per day
<b>Week 4</b>	one packet before breakfast, lunch, and dinner daily	2 per day
<b>Ongoing Use</b>	maintain and experiment to see what works best	2 per day
<b>*Monthly Intake Count</b>	90 packets	60 capsules

### Begin with the individually bottled Foundational Products

This chart shows another way to get started that has a proven track record of success over many years.

	<b>Alpha Sun®</b> 120 caps	<b>Omega Sun®</b> 120 caps	<b>SBG Zymes® Plus</b> 90 caps	<b>Acidophilus</b> 60 caps & <b>Bifidus</b> 60 caps	<b>Super Q10</b> 60 softgels	<b>StemPlex®</b> 60 caps
<b>Week 1</b>	1 per day in morning	1 per day in morning	1 per meal	1 per day before breakfast	1 per day before breakfast	2 per day
<b>Week 2</b>	2 per day in morning	2 per day in morning	2 per meal	2 per day breakfast / lunch	2 per day breakfast / lunch	2 per day
<b>Week 3</b>	3 per day in morning	3 per day in morning	2 per meal	1 per meal	1 per meal	2 per day
<b>Week 4</b>	4 per day in morning	4 per day in morning	2 per meal	1 per meal	1 per meal	2 per day
<b>Ongoing Use</b>	4 - 8 per day in morning	4 - 8 per day in morning	2 - 4 per meal	1 - 3 per meal	1 - 3 per meal	2 per day
<b>*Monthly Intake Count Range</b>	120 - 240 capsules	120 - 240 capsules	180 - 360 capsules	90 - 270 capsules	90 - 270 capsules	60 capsules

Food supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle.



[www.SimplicityHealth.co.uk](http://www.SimplicityHealth.co.uk)

For more information contact your sponsor or Simplicity Health at (44) 01342 820640 or Toll-Free 08 000 884480.