

Basic Supreme Protocol

This protocol is intended for long-term use to support your body with the most important microelements in order to maintain an optimal health condition. It is also recommended after the PHG and BHP protocols.

Dietary Directions

- a. Avoid tobacco, caffeine, refined sugar, artificial sweetening, flavor enhancers, and trans-fat.
- b. A gluten-free and dairy-free diet is recommended.
- c. Drink enough water or unsweetened tea (2-3 liters per day).
- d. Your diet should be based on high-quality protein products and healthy fatty acids. It should also contain plenty of vegetables.

The Nutritional Supplement Protocol

Nutritional Supplement	Breakfast	Before Bedtime
D3 Supreme	5-8 drops	
Multi Supreme	4 capsules	
Omega 3 Supreme	2 capsules	3 capsules
Mag Supreme		3 capsules

*according to Dr. Nischwitz