

## Recommended Protocol E-2

**The quantity of Ellagic Insurance Formula is stair-stepped according to this schedule. All other products are taken at a steady rate as indicated on the bottom part of this schedule.**

| Day 1 to 3  | Breakfast | Lunch | Dinner |
|---|-----------|-------|--------|
| Ellagic Insurance Formula (Blue Bottle)<br>(3 capsules per day) | 1         | 1     | 1      |

| Day 4 to 6  | Breakfast | Lunch | Dinner |
|---|-----------|-------|--------|
| Ellagic Insurance Formula (Blue Bottle)<br>(6 capsules per day) | 2         | 2     | 2      |

| Day 7 to 14   | Breakfast | Lunch | Dinner |
|---|-----------|-------|--------|
| Ellagic Insurance Formula (Blue Bottle)<br>(9 capsules per day) | 3         | 3     | 3      |

| Day 15 to 20   | Breakfast | Lunch | Dinner |
|--|-----------|-------|--------|
| Ellagic Insurance Formula (Blue Bottle)<br>(12 capsules per day) | 4         | 4     | 4      |

| Day 21 and beyond  | Breakfast | Lunch | Dinner |
|--|-----------|-------|--------|
| Ellagic Insurance Formula (Blue Bottle)<br>(15 capsules per day) | 5         | 5     | 5      |

Note: 15 Capsules per day for 30 days will require 2 1/2 bottles of Ellagic Insurance Formula. The first month, 2 bottles will be sufficient.

| All Days  | Breakfast            | Lunch                | Dinner         |
|---|----------------------|----------------------|----------------|
| Brazil LiveCoral Calcium (White Bottle)<br>6 per day                                      | 2                    | 2                    | 2              |
| PBF Plant Enzyme (Gold Bottle)<br>6 per day. 1 with each meal AND<br>take 1 between meals | 1<br>1 Between Meals | 1<br>1 Between Meals | 1<br>1 Evening |
| Beta Glucan ( <b>NOT WITH FOOD</b> )<br>2 per day   | 1 Morning            | -                    | 1 Evening      |
| UGZ Greens 2 x per day  | Morning              | -                    | Evening        |
| Liquid Essentials (Liquid - keep cool)  | 1 ounce              | -                    | 1 ounce        |
| mWater (Make a Gallon a day)  | yes                  | yes                  | yes            |

| Extra Immune Boosting  | Breakfast | Lunch    | Dinner                         |
|--|-----------|----------|--------------------------------|
| Probiotic Eleven immune booster<br>2 per day                       | 1         | -        | 1                              |
| Super-Z-Lite Capsules 4 capsules / day                             | 1         | 1        | 1 + 1 evening                  |
| Super-Z-Lite Liquid (40 drops per day)<br>10 drops 4 times per day | 10 drops  | 10 drops | 10 drops +<br>10 drops evening |