

Recommended Protocol M-1

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) (3 capsules per day)	1	1	1

Day 4 to 6	Breakfast	Lunch	Dinner
Ellagic Insurance Formula (Blue Bottle) (6 capsules per day)	2	2	2

Day 7 to 14	Breakfast	Lunch	Dinner
Ellagic Insurance Formula (Blue Bottle) (9 capsules per day)	3	3	3

Watch for detoxification effects around 10-14 days. If they are significant, consider returning to 6 per day for a week, then stepping back to 9 per day for a week.

Day 15 and beyond	Breakfast	Lunch	Dinner
Ellagic Insurance Formula (Blue Bottle) (12 capsules per day)	4	4	4

Note: 12 Capsules per day for 30 days will require 2 bottles of Ellagic Insurance Formula each month.

All Days	Breakfast	Lunch	Dinner
Brazil Live Coral Calcium (White Bottle) 6 per day	2	2	2
PBF Plant Enzyme (Gold Bottle) 6 per day. 1 with each meal AND take 1 between meals	1 1 Between Meals	1 1 Between Meals	1 1 Evening
Beta Glucan (NOT WITH FOOD) 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 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) 10 drops 4 times per day	10 drops	10 drops	10 drops + 10 drops evening