



DiGize Vitality Essential Oil

Add 1 drop of DiGize Vitality to a capsule and take after consuming a large meal.



Life 9

Take 1 capsule every night following a meal or as needed to increase good gut flora.



JuvaTone

Take 2 tablets two times daily between meals to support normal liver function.



AlkaLime Stick Packs

Convenient single serve packets. Empty 1 stick pack into 4–6 oz. of distilled or purified water. Let sit for 20–25 seconds. Gently stir until mixed, then drink immediately to soothe the occasional upset stomach.



Essentialzymes-4

Take 2 capsules 2 times a day with biggest meals to help digest the 4 basic food digestion processes of fat, protein, carbohydrates, and fiber.



Sulfurzyme Powder

Mix 1/2 teaspoon with water or NingXia Red and take one hour before or after meals to aid with digestion.



Cleansing Trio

Mix 2 rounded teaspoons of ICP with at least 8 oz. of juice or water first thing in the morning. Follow with 1 ComforTone capsule 3 times daily. Take 1 Essentialzyme capsule 1 hour before your largest meal of the day to break down build up in the colon and support increased digestion. Drink at least 64 ounces of water throughout the day with the trio for best results.
