

Intake suggestion Forever Vital Theme package C SCHEME

| For men e/o women with theme package C: Heart & Blood vessels | Method of intake | How often? | How long? | Amount for adult (>12 jr.) | When and at what time | Follow-up | Comments: in blue is a link to more information. Also read the User manual |
|---|--|-----------------------------------|---|---|--|---|--|
| For the 1st 3 days, start with: ↓ | Tip 1: Put in your agenda when you will start the next supplement! | | | | | | |
| Golden Duo 1. Magnesium L-Threonate brain power, 50ml, the only magnesium specifically for the brain | Direct under the tongue. | 4x daily | Always, is the basis of being fit & vital | 1/4 pipette, over 50 1/2 pipette | Start day with 1x, during day 2x & at bedtime 1x | Handle calamities with bottle of Mag-L in your pocket! | Rejuvenates brain cells, calms the mind and relaxes the body. For palpitations, stress and or cramps, take extra. |
| 2. D-Cal Cell repair 50ml, onderdeel van het Gouden Duo | Direct under the tongue. | 3x daily | Always as part of Golden Duo | 1/4 pipette, over 50 1/2 pipette | Start the day with 1x and during day 2x | Take extra in case of stiff joints or brittle bones | Makes the cell membrane flexible again, allowing 'nutrients' to be absorbed and 'waste' to be removed. |
| Blood Flow Support | Drinking | start 1x daily after 1 week 2x pd | Experience what works best | 10ml | Mornings and evenings | Extra if there is physical exertion | Setting the blood and all circulation systems in motion |
| Vitamine C Xtra Spray 100ml | Spray direct onder de tong | 3x daily | In autumn, winter and spring | 2-3 sprays at a time | Same time as using D-Cal | Extra for fatigue, effort or stress | Immune booster & antioxidant reduces fatigue & stress. Stimulates the pineal & pituitary glands |
| After 3 days, you will start with: | Continue with the supplements above | | | | | | |
| Deep Cleanse Energy Boost 1L especially for today; optimizes thinking skills & to be fit and vital! | Drinking, preferably mix with distilled water | 1x daily | Keep quantity for 7 days | 10 ml + 1/4 squeezed fresh lemon juice in glass of water. | Best on empty stomach before breakfast. | | Cleansing at the cellular level incl. the nerve pathways, gives energy boost & increases your thinking and coordination abilities. |
| After 7 days, change and add: | Continue all supplements above | | | | | | |
| Deep Cleanse Energy Boost increase intake | Drinking, preferably mix with distilled water | 2x daily | Always; for optimal vitality | 10 ml + 1/4 glass lemon juice, rest water | Best on empty stomach before breakfast & 2nd time before 16.00 | If after 50 days still complaints then; <i>Deep Cleans Forte</i> | Cleansing at the cellular level incl. the nerve pathways, gives energy boost & increases your thinking and coordination abilities. |
| FV Special: Blood Flow Support Xtra (BFS Xtra) 500ml | Drinking, preferably mix with distilled water | 1-2 times a day | As long as is needed | 5ml in glass of water and drink gradually at first | In the morning BFS Xtra in the evening 10ml BFS 'normal' | In case of 2x use <i>before 16.00</i> | Builds up heart & blood vessels, structurally lifts blood clotting, lowers inflammation in the finest capillaries |
| Optional: | Tip 2: For optimizing vitality e/o ongoing complaints: contact the men and women of the Support Team for a more specifically personal approach suggestion | | | | | | |
| Pure Nano Koper drops 50 ml, highly concentrated 100ppm | Direct under the tongue. | 2x daily | As long as is needed | 1/4 pipette, over 50 1/2 pipette | Mornings and evenings | | Good for haemoglobin and 'release' of oxidised iron for more oxygen in blood |
| Colloidal silver because it works! Don't give virus or bacteria a chance! | Drink and/or spray. | As soon as it is needed. | See flyer Bugs Buster | | Needed as often, NO side effects | Preventive Bugs Buster in the home | Colloidal silver: 'antibiotics' from Mother Nature, you can trust. |
| EMV ornament wear an EMV and increase the effect of any workout, therapy, medicine and or supplement. | Not applicable | Always | As long as is needed | Unique twist mechanism regulates balance | Behind computer, travelling, in car, shops & office | More info: EMV flyer or de video . A unique gift! | Balance & harmonize your electro-magnetic field to support all body & mental processes for a fit and vital life. |
| Tip 3: Consider personally tuned approach with the Vital Blood Scan with action plan and maximise your vitality! | | | | | | | |

The quantities are suggestions for an adult (>12 years) obtained in practice. Always remain sensitive to what your body can handle. If in doubt, get in touch with your Support Team contact person and learn from our experiences and use this as an indication to think about your own situation and decide what is best for you. Upgrading your vitality is a continuous process and has different octaves of approach.

Note: also drink more water at the same time to drain any 'released' waste products and to prevent (toxin) headaches.

Private initiative see the notice on the website healthyvitalizers.com or forever-vital.com