

Intake suggestion Forever Vital Theme package E **SCHEME**

For men e/o women with theme package E: respiratory tracts general	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!			Tip 2: For colds and the like, start with the Bugs Buster first			
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 before 16.00	By stimulating blood circulation and lifting unwanted blood clotting in the capillaries of the pulmonary alveoli, more oxygen uptake
SoLi Energizing Oxy in distilled water & drink immediately!	Always in distilled water for more O2	3x daily according build-up scheme	As long as is needed	8 drops <i>always</i> in distilled water	With meals and <i>direct</i> drinking	If asthmatic extra, including at night	For increasing blood oxygen levels, energy & overall fitness
Optional:	Tip 3: For optimizing vitality e/o ongoing complaints: contact the men and women of the Support Team for a more specifically personal approach suggestion						
Hermysitca drops 50ml, highly concentrated mineral mix	Direct under the tongue.	2x daily	As long as is needed	1/4 pipette, over 50 1/2 pipette	Mornings and evenings		Removal of residual microbes in the smallest capillaries and additional oxygen supply
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 4: 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