

SHAKLEE SUPPLEMENTS TO MEET MS RECOMMENDATIONS

RECOMMENDATIONS	SUPPLEMENT	# & TIME
Digestive Enzymes (all)	EZ-Gest	1 with each meal
Acidophilus & Bifidus (250 million live cultures of each)	Optiflora	1 per day with powder
Multivitamin/Multimineral Manganese, 3.5 mg Zinc, 15 mg	Vita-Lea	1 morning & evening
GLA, 360 mg	GLA Plus	2 morning & evening
EPA, 1090 mg DHA, 470 mg	EPA	3 morning & evening
Soy Protein Supplement: (Must contain all 8 essential amino acids)	Energizing or Instant Protein	1 morning & afternoon
B-Complex (all B-vitamins)	B-Complex	1 morning and evening
Vitamin C, 1000 mg	Sustained-Release Vita-C	1 morning & evening
Vitamin E, 400 IU Selenium, 100 mcg Grapeseed extract	Vita-E Plus	1 morning & evening
Lecithin, 1200 mg	Lecithin	3 morning & evening
Magnesium, 800 mg Calcium, 1500 mg	Super CalMag Plus (1000 mg) Vita-Lea (450 mg)	2 morning & evening
Zinc, 30 mg	Zinc (15 mg) Vita Lea (15 mg)	1 per day
CoEnzyme Q-10, 30 mg	CoQ Heart	1 per day
Gingko biloba, 240 mg	Acuity Plus	1 morning and afternoon

Start with Optiflora & EZ-Gest to aid in digestion, then add the Basics, then EPA, GLA & lecithin followed by the rest of the supplements in the order listed.