

INDICATION	PRODUCT	ADULT DOSE	TIME TO CLINICAL BENEFIT	CLINICAL NOTES
MUSCLE LOSS, CACHEXIA, SKIN FIRING, VEGAN PROTEIN SOURCE	SON FORMULA	3 - 5 tabs with a meal	2 wks	do not take more than 10 tablets in 2 hr period
ATHLETE PROTEIN SUPPORT		5 - 10 tabs 30 - 45 min before training	1 wk	
PAIN, INFLAMMATION, OA, NAFLD	TURMERIC FORTE	2 - 4 tabs QD - BID	1 - 4 wks	Caution with blood thinners and antiplatelet medications
MUSCLE ENDURANCE & RECOVERY	LACTI-GO	1 pump 30 - 45 min before training & reapply after training	30 - 60 min	Do not apply on open wounds
CV STAMINA & ANTI-AGING	CORDYCEPS	5 caps QD away from food	4 wks	Caution with hormone dependent cancers effect by increased estrogen or testosterone
KIDNEY SUPPORT		3 caps QD - 4 caps BID away from food	8 wks	
LUNG SUPPORT		3 caps BID away from food	5 - 6 wks	
LIVER SUPPORT		4 caps BID away from food	12 wks	
VIRAL INFECTION & PREVENTION		3 caps BID away from food	4 wks	
DM		4 caps BID away from food	4 - 8 wks	
INFERTILITY		4 caps BID away from food	12 - 16 wks	
ENDURANCE, CONCENTRATION, DEPRESSION, FATIGUE		RHODIOLA + GINSENG	2 tabs QD - BID	
FATIGUE, IMPROVED STRENGTH, STRESS & THYROID SUPPORT, ANXIETY, WEIGHT MANAGEMENT, LOW SPERM COUNT & TESTOSTERONE	WITHANIA COMPLEX	Loading: 3 tabs BID	2 wks	CI - hypertension, hypokalemia, bipolar, mania, MAOIs. Caution with several drugs. Stop taking if get HA, anxiety, or insomnia
		Maintenance: 2 tabs BID	2 - 4 wks	
FATIGUE, IMMUNE BUILDING, CHRONIC ILLNESS RECOVERY, NIGHT SWEATS, EXCESSIVE MUCUS	ASTRAGALUS COMPLEX	Loading: 2 tabs BID	2 - 4 wks	CI - Acute Infections, Asteraceae/Compositae/Daisy family allergies
		Maintenance: 2 tabs QD		