

ANTI-INFLAMMATORY SUPPLEMENT PROTOCOL



FITFORFILMS

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Product Name	On Waking	With Breakfast	Mid Morning	With Lunch	Mid Afternoon	With Dinner	Before Bed	Notes
Optimal Curcumin		1		1		1		
Omega 1250	2 capsules taken daily							
Optimal Vitamin C Powder	1/2 serving mixed with water twice daily							
Wellness Greens	1 serving mixed with water taken once daily							
Vitamin D Complex	1-2 taken with food daily							

Disclaimer

As unique human beings, anything that enters our body has the potential to cause an adverse reaction. Food, beverages, herbs, medical drugs and chemicals can all cause different responses in different people. For example, some people are gluten sensitive, some are lactose intolerant and others may have strong allergic reactions to foods such as peanuts, shellfish and strawberries. The nutritional supplements we recommend are of the highest possible quality and are recommended by thousands of doctors, naturopaths and nutritionists worldwide. Nevertheless, there is still a small chance that taking one or more of the products causes unwanted side-effects. These are generally very mild.

If you choose to utilise this protocol without the guidance of a professional you do so knowing that you are responsible for its effects. If you would like support from a professional please do contact us to help arrange this for you.