

# NUTRI-SPEC

  
THROUGH  
SPECIFIC NUTRITION  
89 Swamp Road  
Mifflintown, PA 17059  
www.nutri-spec.net

## Diphasic Nutrition Plan

Eating Plan & Supplement Recommendations  
individualized for:

\_\_\_\_\_ Date: \_\_\_\_\_

For your eating plan, simply follow the recommendations made on the card, **Eat Well – Be Well**. The closer you follow the eating rules that comply with natural law, the more likely you will live stronger longer. If you deviate significantly from the recommendations on Eat Well – Be Well, all the supplements in the world will not keep you physically, mentally, and emotionally at your best. ----- Here are the supplements you need:

### Morning supplements

Oxygenic A+ (or Oxy Tonic) first a.m. = amount determined by Balancing Procedure, or, as needed as advised by your NUTRI-SPEC practitioner  
\_\_\_\_\_ first a.m.  
Immuno-Synbiotic \_\_\_\_\_ after breakfast  
Di-phasic A.M. \_\_\_\_\_ after breakfast  
Activator \_\_\_\_\_ after breakfast  
Oxygenic A \_\_\_\_\_ after breakfast  
Complex P \_\_\_\_\_ after breakfast  
Formula ES \_\_\_\_\_ after breakfast  
Taurine \_\_\_\_\_ first a.m.  
Glutamine \_\_\_\_\_ first a.m.  
Oxygenic K \_\_\_\_\_ after breakfast  
Electro Tonic \_\_\_\_\_ first a.m.  
Complex S \_\_\_\_\_ after breakfast (Finish your 1 bottle after Doing FINE)  
Histidine \_\_\_\_\_ first a.m.  
Other \_\_\_\_\_

### Evening supplements

Oxygenic D+ before evening meal = amount per Balancing Procedure, or, as advised by your NUTRI-SPEC practitioner  
\_\_\_\_\_ before evening meal  
Immuno-Synbiotic \_\_\_\_\_ after evening meal  
Di-phasic P.M. \_\_\_\_\_ after evening meal  
Activator \_\_\_\_\_ after evening meal  
Oxygenic D \_\_\_\_\_ after evening meal  
Complex S \_\_\_\_\_ after evening meal  
Formula ES \_\_\_\_\_ after evening meal  
Taurine \_\_\_\_\_ before evening meal  
Glutamine \_\_\_\_\_ before evening meal  
Oxygenic K \_\_\_\_\_ after evening meal  
Electro Tonic \_\_\_\_\_ before evening meal  
Complex P \_\_\_\_\_ after evening meal (Finish your 1 bottle after Doing FINE)  
Histidine \_\_\_\_\_ before evening meal  
Other \_\_\_\_\_