



Recommendation for Nancy Guberti

Created by Nancy Guberti on Dec 2, 2024

Message

Here are the supplements with notes for each one and the ideal order to introduce.

The Candida one is just taken up until you finish first bottle then do not need to re-order.

The probiotic, optimal man, N-acetyl-cysteine and intolerance complex taken daily.

The other supplements are for the conditions listed and discussed to be used as needed.

Product Recommendations



Optimal Man (120 capsules)
by Seeking Health

Dosage Instructions: Take 4 capsules with breakfast or lunch. I'd take this third.



Ther-Biotic® Metabolic Formula (60 capsules)
by Klaire Labs/SFI Health

Dosage Instructions: 1 Capsule x once per day / anytime ongoing.

Additional Instructions: Take without food in morning. I'd do this second. I'd wait a half an hour after taking the Candidase Pro. When you finish taking the first bottle of Candidase Pro then you will take this probiotic first thing in the morning. KEEP Refrigerated.



Candidase Pro™ (84 Caplets)

by Enzyme Science

Dosage Instructions: 2 Capsules x twice per day / anytime ongoing.

Additional Instructions: I'd take this first to remove candida and bloat. You can start with one capsule then increase to just two capsules. Take with glass of water first then and wait 30 minutes before eating. Once you finish this bottle then you should be done with the candida unless you get on antibiotics in future.



N-Acetyl-L-Cysteine (90 capsules)

by Klaire Labs/SFI Health

Dosage Instructions: 1 Capsule x once per day / anytime.

Additional Instructions: Take 1 capsule with dinner. This is good for your liver too. This is #4 in order.



Intolerance Complex (30 capsules)

by Enzyme Science

Dosage Instructions: 1 Capsule x 3 times per day / anytime ongoing.

Additional Instructions: I'd take one capsule with your meals and monitor your acid reflux and bloat. If gone then all you need are digestive enzymes with your meals. Maybe only with the largest meals, time will tell as you progress getting rid of candida and balancing your stomach with the beneficial bacteria in the probiotic.



GUNA Stomach Plus (2 tubes)

by GUNA Biotherapeutics

Dosage Instructions: Ongoing

Additional Instructions: I'd keep this just in case you get acid reflux. If so just take and follow instructions on box.



Sinus Support formula 301 (90 capsules)

by Ness Enzymes

Dosage Instructions: 2 Capsules x once per day / anytime ongoing.

Additional Instructions: Once you get rid of candida, I'd see if your sinus are better. Also, I'd remove all dairy products and whey protein. You can take these when sinuses are acting up or if you know cold season or seasonal allergies bother you then take daily during those times.



Sinus Comfort (59 Milliliters)
by Gaia PRO

Dosage Instructions: Ongoing

Additional Instructions: This is first aid kit for sinus comfort when needed.



Xylitol and Saline Nasal Spray (1.5 Ounces)
by Xlear

Dosage Instructions: 2 Sprays x twice per day / anytime.

Additional Instructions: Love this Nasal spray. Research shows it helps with sinus congestion, COVID virus and other infections. Personally I use this daily. See how you feel and what frequency you need.



Warrior Blend Organic, Vanilla (750 Grams)
by Sunwarrior

Dosage Instructions: This is the pea protein I was mentioning to you. It's great for getting quick protein into your body and keeping blood sugar level and energy even. You can add water and ice and shake.

Refill your recommendation anytime by visiting:

<https://us.fullscript.com/welcome/nancyguberti>

Or call our client ordering help line at **1 (866) 807-3828**