

Suggested Nutritional Guide

This is a guideline of supplements that have helped others with health challenges.

**We recommend being committed to correctly taking the recommended supplements
for a minimum of 90 days for maximum results.**

Acid Reflux	OPC-3, Calcium Plus, ultimate Aloe Drink, Digestive Enzymes
Acne	OPC-3, Ultimate Aloe Drink, Skintelligence, B-Complex, Calcium Plus
ADD/ADHD	Spectrum OPC-3, B-Complex, Ultimate Aloe Drink, Spectrum Multi-Vitamin
Aging	OPC-3, Heart Health, Vitamin D, Ultra Prime, Prime Factor, Calcium Plus, B-Complex, Vision Formula
Aids	Ultimate Aloe Drink, OPC-3, ORAC, Isochrome, B-Complex, Multi-Vitamin, Vitamin-C, Calcium Plus
Alcoholism	B-Complex, Calcium Plus, Multi-Vitamin, Isochrome
Alertness	OPC-3, B-Complex, Isochrome, Vitamin D, Mochatonix
Allergies	OPC-3, Ultimate Aloe Drink, ORAC
Alzheimer's	OPC-3, Ultimate Aloe Drink, Curcumin, B-Complex, Multi-Vitamin
Amblyopic	Vitamin-C
Anemia	OPC-3, ORAC, B-Complex, Multi-Vitamin, Vitamin-C
Angina	OPC-3, Heart Health, Isochrome, Vitamin C, Calcium Plus, Multi-Vitamin
Anorexia	Multi-Vitamin
Anxiety	B-Complex, Calcium Plus, OPC-3, ORAC, Multi-Vitamin, Transitions ACTS
Appetite	Mochatonix, Isochrome, B-Complex, Transitions
Arrhythmia	Isochrome, Calcium Plus, OPC-3, CoQ-10, Vitamin D, Heart Health
Arthritis	OPC-3, Ultimate Aloe Drink, Isochrome, Vitamin-C, Calcium Plus, Vitamin D, Glucosatin
Asthma	OPC-3, ORAC, B-Complex, Multi-Vitamin
Athlete's Foot	Ultimate Aloe Drink, Ultimate Aloe Gel, OPC-3, Vitamin-C
Atherosclerosis	Isochrome, OPC-3, Heart Health, Ultimate Aloe Drink, B-Complex, Vitamin D Multi-Vitamin
Autism	Spectrum OPC-3, Spectrum Multi-Vitamin, B-Complex, Digestive Enzymes
Back Pain	OPC-3, Multi-Vitamin, Calcium Plus, B-Complex, Glucosatin, ORAC
Bed Wetting	OPC-3, Ultimate Aloe Drink (Cranberry/apple)
Bell's Palsey	OPC-3, B-Complex
Bladder	OPC-3, Ultimate Aloe Drink, Complete Greens, Digestive Enzymes
Bloating	Digestive Enzymes, Complete Greens, Ultimate Aloe Drink, Nutri-Clean
Blood Purifier	OPC-3, ORAC, Ultimate Aloe Drink
Body Builder	OPC-3, B-Complex, Isochrome, Vitamin D, Torch Pre-Burn, Torch After-Burn, Torch Hydrate
Boils	OPC-3, ORAC, Isochrome, Ultimate Aloe Drink, Calcium Plus, B-Complex, Multi-vitamin
Bone Spurs	OPC-3, Vitamin D, Calcium Plus, Glucosatin
Breast Cancer	OPC-3, ORAC, Isochrome, B-Complex, Vitamin C, Vitamin D, Multi-vitamin, Ultimate Aloe Drink
Breast Lumps	OPC-3, ORAC, Ultimate Aloe Drink, Isochrome, B-Complex, Vitamin D
Bronchitis	Ultimate Aloe Drink, OC-3, ORAC, Vitamin C
Bruising	OPC-3, B-Complex, Calcium Plus, Vitamin C, Vitamin D
Burns	Ultimate Aloe Drink, Ultimate Aloe Gel, OPC-3
Bursitis	OPC-3, Calcium Plus, ORAC, Glucosatin
Cancer	Ultimate Aloe Drink, OPC-3, ORAC, Complete Greens, B-Complex,

	Isochrome, Digestive Enzymes
Candida Albicans	Ultimate Aloe Drink, OPC-3, Isochrome, B-Complex, Complete Greens, Digestive Enzymes
Canker Sores	OPC-3, ORAC, Ultimate Aloe, Vitamin C
Cardiovascular Disease	OPC-3, ORAC, Hearth Health, B-Complex, Vitamin D, Ultimate Aloe
Carpal Tunnel	OPC-3, B-Complex, Glucosatin, ORAC
Cataracts	OPC-3, Vision Formula, B-Complex, Vitamin D, ORAC
Celiac Disease	OPC-3, Ultimate Aloe Drink, Digestive Enzymes, Vitamin C, B-Complex
Cervical Dysplasia	OPC-3, ORAC, Ultimate Aloe, B-Complex, Calcium Plus
Chemotherapy	Ultimate Aloe Drink, ORAC, B-Complex, Vitamin C
Cholesterol	Heart Health, B-Complex, OPC-3, Vitamin D
Chronic Fatigue	OPC-3, ORAC, B-Complex, Vitamin D, Ultimate Aloe Drink
Circulation	OPC-3, Calcium Plus, B-Complex, ORAC
Cirrhosis	Ultimate Aloe Drink, OPC-3, B-Complex, Calcium Plus
Colds and Flu	OPC-3, Ultimate Aloe Drink, Vitamin D, Vitamin C
Cold Sore	OPC-3, ORAC, Vitamin C, Ultimate Aloe Drink
Colitis	Ultimate Aloe Drink, OPC-3, Digestive Enzymes
Conjunctivitis	Vitamin C
Constipation	Ultimate Aloe Drink, Digestive Enzymes, OPC-3, Nutri-Clean, Nutri-Clean Fiber
Cough	OPC-3, Ultimate Aloe Drink
Cramps (intestinal)	OPC-3, Ultimate Aloe Drink, Digestive Enzymes
Cramps (muscle)	OPC-3, Calcium Plus, B-Complex
Crohn's Disease	Ultimate Aloe Drink, Digestive Enzymes, OPC-3
Cystitis	OPC-3, Ultimate Aloe Drink, Vitamin C
Depression	OPC-3, B-Complex, Vitamin D, Co-Q10
Dermatitis	OPC-3, Ultimate Aloe Drink, Ultimate Aloe Gel, Vitamin C
Detoxification	OPC-3, Nutri-Clean, Ultimate Aloe Drink, Complete Greens, ORAC
Diabetes	OPC-3, Isochrome, Level 90, Vitamin C, B-Complex, Ultimate Aloe
Diarrhea	OPC-3, Ultimate Aloe Drink, Digestive Enzymes
Digestive Problems	Digestive Enzymes, Ultimate Aloe Drink, OPC-3, Calcium Plus Complete Greens
Diverticulitis	Ultimate Aloe Drink, Digestive Enzymes, OPC-3, ORAC, Calcium Plus, Complete Greens
Dizziness	OPC-3, ORAC, Vitamin C
Drug Toxicity	OPC-3, ORAC, Vitamin C, Ultimate Aloe, Digestive Enzymes
Ear Infections	Ultimate Aloe Drink, OPC-3, B-Complex, Vitamin C
Eczema	Ultimate Aloe Drink, OPC-3, Ultimate Aloe Gel
Edema	OPC-3, Calcium Plus, B-Complex, Vitamin D
Emphysema	OPC-3, Ultimate Aloe Drink, ORAC, Vitamin C, B-Complex
Endometriosis	OPC-3, Vitamin C, Calcium Plus, B-Complex
Energy	B-Complex, Mochatonix, Awake, OPC-3, Transitions ACTs
Epilepsy	OPC-3, B-Complex, Vitamin C, Vitamin D, ORAC
Epstein Barr Virus	OPC-3, Isochrome, B-Complex, B-Complex, Multi-Vitamin, Mochatonix
Estrogen Supp.	Ultra Prime, Prime Factor, B-Complex, Feminine
Eyes	Vision Formula, OPC-3, Vitamin C, B-Complex
Fatigue	OPC-3, B-Complex, Multi-Vitamin, mochatonix, Vitamin C, Vitamin D,

	Transition ACTS
Female Issue	OPC-3, Feminine, B-Complex, Calcium Plus
Fever	Ultimate Aloe Drink, OPC-3, Vitamin C
Fever Blisters	OPC-3, Ultimate Aloe Drink, Ultimate Aloe Gel
Fibromyalgia	OPC-3, ORAC, B-Complex, Calcium Plus, Vitamin D, Vitamin C, Multi-Vitamin
Fungus	Ultimate Aloe Gel, Ultimate Aloe Drink, Vitamin C
Gall bladder	OPC-3, Calcium Plus, Ultimate Aloe Drink, B-Complex
Gall Stones	Ultimate Aloe Drink, Vitamin C
Gastric Cancer	OPC-3, Ultimate Aloe Drink, Complete Greens, B-Complex, ORAC, Vitamin D
GERD	OPC-3, Ultimate Aloe Drink, Digestive Enzymes, Complete Greens, Calcium Plus
Gestational Diabetes	OPC-3, Isochrome, Level 90
Gingivitis	OPC-3, Vitamin C, Co-Q10
Glaucoma	OPC-3, ORAC, Vitamin C, Vitamin D, Vision Formula
Goiter	OPC-3, Vitamin C
Gout	OPC-3, Ultimate Aloe Drink, B-Complex, Digestive Enzymes
Graves Disease	OPC-3, Ultimate Aloe Drink, B-Complex, Vitamin C, Vitamin D, ORAC, Transitions ACTS
Gums(receding)	OPC-3, Calcium Plus, Co-Q10
Hair	OPC-3, Calcium Plus, Vitamin C
Halitosis	Vitamin C, OPC-3, Ultimate Aloe Drink
Hangover	B-Complex OPC-3
Hay Fever	OPC-3, B-Complex, ORAC, Ultimate Aloe Drink
Headache	B-Complex, OPC-3, Calcium Plus
Heartburn	Ultimate Aloe Drink, OPC-3, Complete Greens, Calcium Plus, Digestive Enzymes
Heart Murmurs	Heart Health System, Calcium Plus, OPC-3
Hemophilia	Vitamin C
Hemorrhoids	OPC-3, Ultimate Aloe Drink, Calcium Plus
Hepatitis C	OPC-3, ORAC, Multi-Vitamin, B-Complex, Ultimate Aloe Drink
Herpes	OPC-3, Vitamin C, Ultimate Aloe Drink, Multi-Vitamin
Hiatal Hernia	OPC-3, Ultimate Aloe Drink
High Blood Pressure	Heart Health, System, OPC-3, ORAC, B-Complex, Vitamin D, CoQ-10
High Cholesterol	Heart Health, B-Complex, OPC-3, Vitamin D
Hormone Imbalance	Ultra Prime, Prime Factor, Feminine, B-Complex, OPC-3, Calcium Plus
Hot Flashes	Feminine, Isochrome, B-Complex, OPC-3
Hyperactivity	OPC-3, B-Complex, Multi-Vitamin, Calcium Plus
Hypoglycemia	OPC-3, Level 90, Isochrome, Ultimate Aloe Drink, B-Complex
Hyperkinesias	Calcium Plus
Hypertension	Heart Health System, OPC-3, Vitamin C, B-Complex, CoQ-10
Hyperthyroidism	OPC-3, Ultimate Aloe Drink, B-Complex, Vitamin C, Vitamin D, ORAC
Immune System	OPC-3, ORAC, Ultimate Aloe Drink, B-Complex, Complete Greens, Vitamin C
Impotency	Ultra Prime, Prime Factor, MPC, OPC-3, ORAC
Indigestion	Ultimate Aloe Drink, Digestive Enzymes, Calcium Plus, Complete Greens
Infection	Ultimate Aloe Drink, OPC-3, Vitamin C, Vitamin D
Insomnia	Prime Dreamz, Calcium Plus, Prime Factor, Ultra Prime
Iron Deficiency	OPC-3, Multi-Vitamin with iron, Calcium Plus
Jaundice	OPC-3, Vitamin C

Joint Pain	OPC-3, Calcium Plus, Glucosatin, Ultimate Aloe Drink
Kidneys	OPC-3, Ultimate Aloe Drink(cran-apple), Calcium Plus
Kidney Stones	OPC-3, Ultimate Aloe Drink (cran-apple), Calcium Plus, B-Complex (avoid too much Vitamin C)
Knee Pain	OPC-3, Multi-Vitamin, Calcium Plus, B-Complex, Vitamin D, Glucosatin
Lactose Intolerance	OPC-3, Ultimate Aloe Drink
Laryngitis	OPC-3, Ultimate Aloe Drink
Leg Cramps	OPC-3, Calcium Plus, B-Complex
Liver	OPC-3, Ultimate Aloe Drink, Nutri-Clean
Leukemia	OPC-3, ORAC, Ultimate Aloe Drink, Vitamin C
Lou Gehrig's Disease	OPC-3, ORAC, Ultimate Aloe Drink, Vitamin C, Vitamin D
Low Blood Pressure	Heart Health, Isochrome, OPC-3, CoQ-10
Low Blood Sugar	Level 90, Isochrome, OPC-3, B-Complex
Lupus	OPC-3, Isochrome, Ultimate Aloe Drink, Calcium Plus, B-Complex, Vitamin D
Lyme's Disease	OPC-3, B-Complex, Vitamin C, Vitamin D, ORAC, CoQ-10
Macular Degeneration	Vision Formula, OPC-3, Vitamin C
Malnutrition	Complete greens, Multi-Vitamin, Transitions Drink, B-Complex
Memory Loss	OPC-3, B-Complex, Vitamin D, Cognitin
Meningitis	Vitamin C
Menopause	Feminine, OPC-3, B-Complex, Calcium Pus
Menstrual Problems	OPC-3, Calcium Plus, B-complex, Feminine
Migraines	B-Complex, OPC-3, Calcium Plus
Mononucleosis	OPC-3, Vitamin C, Isochrome
Morning Sickness	B-Complex, OPC-3, Ultimate Aloe Drink
Multiple Sclerosis	OPC-3, Ultimate Aloe Drink, B-Complex, Multi-vitamin, Calcium Plus, Vitamin D
Muscular Dystrophy	OPC-3, Isochrome, Multi-Vitamin, Vitamin C
Nails	OPC-3, Calcium Plus
Narcolepsy	OPC-3, CoQ-10, Calcium Plus, Multi-Vitamin
Nausea	Ultimate Aloe Drink, OPC-3, Digestive Enzymes
Nephritis	OPC-3, B-Complex
Nerves	Calcium Plus, B-Complex, OPC-3
Neuropathy	B-Complex, OPC-3
Numbness	B-Complex, OPC-3
Obesity	Transitions, Isochrome, Thermochrome w hoodia, Mochatonix
Osteoarthritis	OPC-3, Calcium Plus, Vitamin D, B-Complex
Osteoporosis	Calcium Plus, OPC-3, Vitamin C, Vitamin D, Multi-Vitamin
Ovarian Cysts	OPC-3, B-Complex, Vitamin D, ORAC
Panic Attacks	OPC-3, B-Complex, Vitamin D
Pancreas	OPC-3, Isochrome
Parkinson's Disease	OPC-3, B-Complex, CoQ-10, vitamin C, Curcumin, ORAC, Calcium Plus
Phlebitis	OPC-3, Isochrome, Calcium Plus, Ultimate Aloe Drink, Vitamin C
PMS	OPC-3, B-Complex, Calcium Plus, Feminine
Pneumonia	Ultimate Aloe Drink, OPC-3, Vitamin C, ORAC
Polycystic Ovarian Syndrome	OPC-3, ORAC, B-Complex, Feminine

Prostate	MPC, OPC-3, Multi-Vitamin
Psoriasis	Ultimate Aloe Drink, Complete Greens, Digestive Enzymes, Calcium Plus, B-Complex, Vitamin D
Rashes	OPC-3, Ultimate Aloe Drink, Ultimate Aloe Gel
Restless Leg Syndrome	OPC-3, Calcium Plus, B-Complex, Vitamin D
Reynaud's Disease	Ultimate Aloe Drink, OPC-3, B-Complex, CoQ-10, Calcium Plus Vitamin D
Rheumatism	OPC-3, Ultimate Aloe Drink, B-Complex, vitamin C, ORAC, Vitamin D
Rickets	Vitamin C, B-Complex, Calcium Plus
Roseacea	OPC-3, Multi-Vitamin, Ultimate Aloe
Rotator Cuff	OPC-3, Glucosatin
Scleroderma	OPC-3, Vitamin C, CoQ-10, Multi-Vitamin
Scoliosis	OPC-3, Calcium Plus, B-Complex, Vitamin D
Seizures	OPC-3, B-Complex, Vitamin C, Vitamin D, ORAC
Sex Drive	Ultra Prime, Prime Factor, OPC-3, Prime Time
Shingles	OPC-3, Calcium Plus, B-Complex, ORAC, Vitamin C, Ultimate Aloe Drink
Sickle Cell Anemia	OPC-3, ORAC, B-Complex
Sinusitis	OPC-3, Ultimate Aloe Drink, B-Complex, ORAC, Vitamin C
Smoking	OPC-3, B-Complex, Vitamin C, ORAC
Sore Throat	OPC-3, Ultimate Aloe Drink
Stress	OPC-3, B-Complex, Vitamin D, Calcium Plus, Transitions ACTS
Stroke	OPC-3, Heart Health System, ORAC, Multi-Vitamin
Tendonitis	OPC-3, Calcium Plus, Glucosatin, B-Complex
Thyroid	OPC-3, Ultimate Aloe Drink, B-Complex, Vitamin C, Vitamin D, ORAC
Tinnitus	OPC-3, B-Complex, Multi-Vitamin, Vitamin C
TMJ	OPC-3, B-Complex
Tumors	Ultimate Aloe Drink, OPC-3, ORAC, Vitamin C
Ulcers	Ultimate Aloe Drink, Complete Greens, Digestive Enzymes
Urinary Problems	OPC-3, Ultimate Aloe Drink, Digestive Enzymes
Varicose Veins	OPC-3, Isochrome, Ultimate Aloe Drink, Calcium Plus, Vitamin C
Vertigo	OPC-3, Vitamin C
Warts	OPC-3, Vitamin C, Ultimate Aloe Drink
Wounds	OPC-3, Vitamin C, Ultimate Aloe Drink
Yeast Infection	Ultimate Aloe Drink, OPC-3, B-Complex, Vitamin C
Yellow Jaundice	OPC-3, Isochrome, Ultimate Aloe