



**Every Day For All People**  
**Nutri-West (800-443-3333)**  
As Recommended By Dan Murphy, DC

- 1) **Take A Multivitamin/Mineral Supplement:**  
**Core Level Health Reserve** - 3 per day
  
- 2) **Mitochondrial Health:**
  - A) Acetyl-L-Carnitine
  - B) Alpha-Lipoic Acid
  - C) Co-Q-10**Complete AG** - 3 per day
  
- 3) **Increase Glutathione**
  - A) N-Acetyl Cysteine, or NAC: **Complete Glutathione** - 3 per day
  - B) Undenatured Whey Protein: **Complete Whey-G** - 1 scoop per day
  
- 4) **Take Omega-3s:**  
**Complete Omega-3 Essentials Capsules**  
3 g / Day = 6 capsules per day
  

OR

  - Complete Hi-Potency Omega-3 liquid**  
1 teaspoon per day

  
- 5) **Take Omega-3 Antioxidants** **Complete Omega-3 Co-Factor** - 3 per day
  
- 6) **Take 800 IU Vitamin D** **Vitamin D 400 (D3)** - 2 per day



## New Antioxidant Shake

### Put Into Blender:

- 3 Core Level Health Reserve
- 3 Complete A-G
- 3 Complete Glutathione
- 3 Complete Omega-3 Co-Factors
- 1 cup of organic plain yogurt
- 1 cup of mixed frozen berries
- 3/4 cup of pomegranate juice

### Blend

After blending add two (2) scoops of **Complete Whey-G** and mix in with a fork (**Do NOT Blend**).

Consume all at once or divide it into thirds to consume throughout day, keep refrigerated.

Take Omega-3's separate, preferably at the end of the day.

COMPLIMENTS OF:



"WHEN YOU WANT THE BEST"

FOR YOUR NEAREST DISTRIBUTOR

PLEASE CALL TOLL FREE

1-800-443-3333

[WWW.NUTRIWEST.COM](http://WWW.NUTRIWEST.COM)

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ANY QUESTIONS? E MAIL: [Marcia@nutri-west.net](mailto:Marcia@nutri-west.net)

*The above statements have not been evaluated by the FDA. The nutritional information, suggestions, and research provided are not intended to diagnose, treat, cure, or prevent disease and should not be used as a substitute for sound medical advice. Please see your health care professional in all matters pertaining to your physical health.*