

\*Take for 1 month, Off 1 month, On 1 month

\*\*If taking both Body Shapers and Fat Eliminator - take at least 2 hours apart as the Fat Eliminator can take out the beneficial Body Shapers thinking they are the "bad fats" when they are not!

	Breakfast	Lunch	Dinner	Nighttime	
Jump Start					
D-Tox*					
+7 Weight Loss					
Metabolic 6000					
SlimTime Success					
Metabolic Weight Loss					
MegaBooster					
Diabetic Weight Loss					
P.M. Weight Loss					
Craving Cutter					
Metabolic Maintenance					
Cortisol Control					
Cholesterol Control					
Body Shapers**					
Body Shapers PLUS**					
Multi-Vitamin					
Anti-Oxidant					
A.H.C.C.					
Coral Calcium					
Cal-Mag Advantage					
Stress Release					
Probiotic					
Carb Reducer		<b>15 - 30 minutes before eating a carb</b>			
Fat Eliminator**		<b>15 - 30 minutes before eating fat</b>			
Sweet Sense		<b>15 - 30 minutes before eating sugar</b>			
Glutamine					
Aqua Balance					
Joint Health					
Vo-Vezyme					
CoQmelt					
Thyro Mend					
Sleep Support					
Protein Powder					
Menopause Support					
Female Factors					
Male Factors					

# Dosage Instructions

Dosage instructions may differ on the bottle as opposed to suggested dosages given by individual Healthy Performance counselors. One-on-One counseling is preferred to overall general dosages. It is very common for different counselors to change dosages throughout your program to ensure optimal weight loss and health.