EXAMPLE	Product	Product	Product	Product	Product	Product	Product	Product	Amount Currently Taking	Protocol Amount	Adjusted Amount
Supplement	Renew Life	Essential Enzymes	NOW - Silica Complex/2 per day	Magnesium	Natrol - Omega-3 & Glucosamine/2 per day	Zinc	Vit K2	Vit D3			
Calcium - mg			100						100	250	**150**
Magnesium - mg				250					250	250	**0**
Vitamin D3 -IU's								4000	4000	4000	**0**
Vitamin K2 (MK-7) - mcg							300		300	300	**0**
Silica/HorseTail - mg			1230						1230	2400	**1170**
Zinc - mg			10			50			60	50	**-10**
Omega-3 - mg					600				600	1000	**400**
Probiotic - At least 8 strands - Billion	15								15	15	**0**
Digestive Enzymes		X							X		**0**