

GHRP Supplement Quick Reference Guide

	Days 1-10			Days 11-20			Days 21-30		
	Morning	Noon	Night	Morning	Noon	Night	Morning	Noon	Night
Lifelong Vitality Pack 2 x am, 2 x pm each									
Lemon / Smart & Sassy Oil 1 drop per 200ml water/liquid. Max. 8 drops per day									
Zendocrine® 1 x am, 1 x pm									
DigestZen Terrazyme® 1 x am, 1 x noon, 1 x pm									
GX Assist® 1 x am, 1 x noon, 1 x pm									
PB Assist® 1 x am, 1 x noon, 1 x pm									