



BRAIN HEALTH

90 DAY
PROTOCOL

 DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 30+ minutes before meals (for liquids)

 mix the drops in a glass of at least 4 oz (120 ml)

IN THE MORNING



BURBUR PINELLA
15 drops



ALGAS
15 drops



VITALMEDIX
30 drops



ANTARCTIC KRILL OIL
1 soft gel
(better after meal)



MAGNESIUM MALATE
2 capsules

IN THE AFTERNOON



BURBUR PINELLA
15 drops



ANTARCTIC KRILL OIL
1 soft gel
(better after meal)



MAGNESIUM MALATE
2 capsules

*For maximum support, take Burbur Pinella every 15 minutes for 1-2 hours.