

## FAST TRACK SOLUTION ONE: DAILY ESSENTIAL NUTRIENTS

You can certainly take more than the amounts listed below, but the following are the daily minimums I suggest.

- Vitamin A (Palmitate) 5,000 IU
- B1 (also called Thiamine) 30 mg
- B2 (also called Riboflavin) 30 mg
- B3 (also called niacin and niacinamide) 30 mg
- B5 (also called pantothenic acid) 35 mg
- B6 (also called pyridoxine) 30 mg  
Note: The best form of B6 is pyridoxal-5-phosphate (P-5-P) because it is ready to use. It does not need to be converted in your liver to the active form. Rarely do companies put P-5-P into their B complexes because it is the most expensive form. Therefore, look for a B complex with a combination of pyridoxine and P-5-P.
- Choline 25 mg
- Inositol 25 mg
- Paba (Paraminobenzoic acid) 15 mg
- Biotin 35 mcg
- Folic Acid 500 mcg
- Vitamin B12 35 mcg
- Calcium Ascorbate and Bioflavonoids (total combined) 1,000 mg  
Note: Calcium Ascorbate is a buffered form of vitamin C. It is better tolerated, better absorbed and stays in your system longer. Ascorbic acid and time-release Vitamin C are not recommended. Bioflavonoids are part of the C complex; in nature they are found in foods such as the white of an orange peel. Bioflavonoids allow the body to reap more benefits from Vitamin C.
- Vitamin D3 500 IU
- Vitamin E (d-alpha tocopherol) 400 IU
- Calcium citrate 65 mg
- Magnesium citrate 65 mg
- Potassium citrate 25 mg
- Manganese citrate 1 mg
- Zinc citrate 5 mg
- Iodine (Kelp) 25 mcg
- Chromium HVP chelate 35 mcg
- Selenium HVP chelate 50 mcg
- Molybdenum citrate 25 mcg
- Boron Citrate 25 mcg
- Alfalfa Leaf Powder 350 mg (I suggest Alfalfa as it is the richest land source of trace minerals. However, you can substitute it and/or add more trace minerals by supplementing with algae, ionic minerals, bee pollen, and/or aloe vera juice.)
- Omega 3 EPA 180 mg DHA 120 mg
- Green Tea Extract (catechin polyphenols) 400 mg
- MSM (methylsulfonylmethane) 1000 mg

To get all of the daily essential nutrients listed, you will likely need a bottle of each of the following.

1. A high quality multivitamin/mineral that includes alfalfa for the trace minerals (not listed). It will also have vitamin A, all the B's, vitamin D, all the minerals (listed).
2. Buffered vitamin C (called calcium ascorbate) with bioflavonoids.
3. Vitamin E
4. MSM
5. Omega 3
6. Green Tea Extract

You will also find ALL of the nutrients listed above combined together in The Total Health Packs.

Drawing on my 30+ years of expertise and knowledge, I have created a nutritional supplement pack of daily essential nutrients called the Total Health Pack. It is guaranteed to be:

- Convenient
- Safe
- Economical
- Fast
- Easy

And best of all, YOU WILL NOTICE THE DIFFERENCE

Each Total Health Pack contains 60 individually sealed packs of daily supplements providing nutrients that are correctly combined, highly absorbable and at therapeutic levels to deliver ... RESULTS!

The Total Health Pack is mega-convenient – easy to take at home, the office, a restaurant, traveling ...just grab one or a handful. They fit in your pocket, purse, suitcase or briefcase.

It is scientifically proven that vitamins that sit in on the shelf, don't work! But with the Total Health Pack, you'll take them more often because it's easy and all pre-packaged for you. The more often you take them, the better you will feel.

For more details on the Total Health Pack visit [www.TotalHealthPack.com](http://www.TotalHealthPack.com)

The Total Health Pack (Daily Essential Nutrients) is available for purchase from the One Stop Health Shop at [www.HormoneRollerCoaster.com](http://www.HormoneRollerCoaster.com)