

POWERFUL FOODS, GENTLE BEGINNINGS

How to Start Using Simplicity Health Products

Foundational Nutrients - Simplicity Health offers foundational products that benefit all people and animals. Each of our products is designed to effectively address the body's need for one or more of the **Four Nutritional Building Blocks**:



Combined with proper diet, exercise, and plenty of pure water, Simplicity Health's products can help you achieve optimal health. The best and most effective program is one that is tailored to meet your individual needs.

Consult your sponsor for more guidance. Flexibility is the key!

Start with the product(s) of your choice by choosing one of the suggested programs or follow the directions on the individual bottles. Adjust the speed of the start-up depending on the response of your body. Included here are some approaches that have been effective for others.

Choose option A or B

Purchase quantities of each product per your individual intake, using the Monthly (30 days) Intake Count Range as your guide.*

A *Begin with the "Daily Convenience" and Foundational Nutrients*

This chart shows one way to get started that has a proven track record of success over many years.

	Essentials™ 30 packets	StemPlex® 60 caps
Week 1	one packet before breakfast daily	2 per day
Week 2	one packet before breakfast and lunch daily	2 per day
Week 3	one packet before breakfast, lunch, and dinner daily	2 per day
Week 4	one packet before breakfast, lunch, and dinner daily	2 per day
Ongoing Use	maintain and experiment to see what works best	2 per day
*Monthly Intake Count	90 packets	60 capsules

B *Begin with the individually bottled Foundational Products*

This chart shows another way to get started that has a proven track record of success over many years.

	Alpha Sun® 120, 240, & 480 caps & tabs	Omega Sun® 120, 240, & 480 caps & tabs	SBG Zymes® or SBG Zymes® Plus 180 caps	Acidophilus Bifidus 100 caps & 60 caps	Spectrabiotic® 100 caps	Super Q10 60 softgels	Super Sprouts & Algae 120 caps
Week 1	1 per day in morning	1 per day in morning	1 per meal	1 per day Before Breakfast	1 per day Before Breakfast	—	—
Week 2	2 per day in morning	2 per day in morning	2 per meal	2 per day Breakfast / Lunch	2 per day Breakfast / Lunch	2 per day Breakfast / Lunch	—
Week 3	3 per day in morning	3 per day in morning	2 per meal	1 per meal	1 per meal	1 per meal	1 per day
Week 4	4 per day in morning	4 per day in morning	2 per meal	1 per meal	1 per meal	1 per meal	2 per day
Ongoing Use	4 - 8 per day in morning	4 - 8 per day in morning	2 - 4 per meal	1 - 3 per meal	1 - 3 per meal	1 - 3 per meal	2 - 6 per day
*Monthly Intake Count Range	120 - 240 capsules or tablets	120 - 240 capsules or tablets	180 - 360 capsules	90 - 270 capsules	90 - 270 capsules	90 - 270 softgels	60 - 180 capsules

For additional benefits, consider adding any of Simplicity Health's other nutritional products in your ongoing program: Spectrabiotic®, Alpha Gold, Omega Gold, ImmuSun®, OsteoSun™, Super Sun Smoothie, Go Green, BG Bars®, APA Blend, or APA Blend Plus.

You may substitute Simply SBGA, APA, or APA Plus for Alpha Sun® and Omega Sun® if you prefer to use a powder instead of capsules or tablets.



For more information contact your sponsor or Simplicity Health at 1.800.800.1300 or www.SimplicityHealth.com