



<p>Daily Probiotic Support 1 x Upon Waking 1 x Before Bed <i>*Or 2 at one time</i></p>	<p>Daily Fruit & Vegetable Blend 1sc x Upon Waking <i>*Mix in 8-16oz water or your favorite smoothie or nut milk</i></p>	<p>Daily Nutritional Support 2sc x Breakfast <i>*Mix 2sc in a fruit smoothie or just with water or nut milk</i></p>	<p>Vitamin D3 4 drops x Breakfast <i>*NOT full droppers - Just 4 drops in mouth</i> <i>* If you were currently using this amount you should stop vitamin D3 completely</i></p>
<p>Daily Digestive Enzymes 1 x Lunch 1 x Dinner <i>*with whole food meals</i></p>	<p>Omega-3 Support 1 x Lunch 1 x Dinner <i>* May substitute 2 tsp of liquid</i></p>	<p>Alkalizing Vitamin C 1sc x Upon Waking <i>*Mix 1sc in water away from food</i></p>	<p>Balanced Zinc 1 x Dinner <i>*Take mid-meal with other supplements</i></p>

Powder/Liquid: Stated on label above

Black = Capsules **Green** = Liquid/Powder **Orange** = Optional **Grey** = Do Not

Implementing Your Adult Personalized Plan

Thank you for choosing EquiLife - It's a pleasure to serve you!

If this is your first time running a Functional Medicine at-home lab test, I know it can seem like we covered a lot. So to make ordering easy, **I have direct linked all of the products on the label above that you will need to get started.**

In addition, if you'd like to order a supplement container to keep things organized using the supplement label above, these are the products we recommend which can be ordered through the links I have provided below. Your supplement label can be printed and cut out to easily fit inside the container as well!

Supplement container

The information provided is not intended to diagnose, cure or treat any illness and disease, rather to provide education and support. Please reach out to a medical doctor in case of medical emergencies or to check for pharmaceutical contraindications before beginning ANY new supplements.

Protocols & Nutritional Supplement Links

Dr. Cabral Detox (7, 14, or 21 day)

(Optional to start with)

<https://equi.life/products/dr-cabral-detox>

Daily Foundational Protocol Level II

(DNS, DFVB, Omega-3 Support, Daily Probiotic Support)

<https://equi.life/products/daily-foundational-protocol-level-2>

Immunity Bundle

(Alkalzing Vitamin C, Liquid Vitamin D3, Balanced Zinc)

<https://equi.life/products/immunity-protocol>

Individual Nutritional Supplement Options:

Daily Nutritional Support Shake (All-in-One powder)

up to 6 bottles as you will use long term

<https://equi.life/products/daily-nutritional-support-shake>

OR

Daily Activated Multivitamin (capsules)

<http://stephencabral.com/store/product/daily-multi-vitamin/>

Daily Probiotic Support

<https://equi.life/products/daily-probiotic-support>

Daily Digestive Enzymes

<https://equi.life/products/daily-digestive-enzyme>

Omega-3 Support (capsules)

<https://equi.life/products/omega-3-support-softgels>

Omega-3 Support (liquid)

<https://equi.life/products/omega-3-support-liquid>

Additional Testing Recommendations

- Complete Candida, Metabolic & Vitamins Test
- Complete Food Sensitivity Test
- Mycotoxin Test
- Complete Stress Mood & Metabolism Test

Additional Health Coaching

Option 1: Individual Follow Up Appointments

Schedule a 30 or 60-minute call to answer further questions, make adjustments to your plan, discuss next steps, additional testing and for continued support.

30-Minute Appointment

60-Minute Appointment

Option 2: Join our Private Practice!

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Thank you again for choosing the EquiLife Health Coaching Team and please let us know if you have any other questions.

Have a great day!

Stephen Cabral & The EquiLife Health Coaching Team

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EquiLife
540 Tremont St
Boston, MA 02116

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