

# GASTRITIS *Kit*

## ON AN EMPTY STOMACH

### Nascent Iodine:

Dilute 1 to 3 drops in water.

### IMPORTANT

Do not exceed 3 drops daily unless recommended by your healthcare provider. For best results, take 200 mcg of selenium (1 capsule) daily each time you consume iodine.

## BEFORE THE MAIN MEALS (LUNCH AND DINNER):

**Happy Tummy:** Dilute 15 drops in water.

## WITH EVERY MEAL

(AT ANY TIME OF DAY):

**Gall Bladder:** Take 1 capsule.

**Broad Spectrum Enzymes:** Take 1 capsule.

## WITH A MEAL

(AT ANY TIME OF DAY):

**Elixir Vita Minerals:** Take 4 capsules.

**Molecular Curcumin:** Take 2 softgels.

**Odorless Garlic:** Take 1 capsule.

