

MIGRAINES/ HEADACHES *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.

Happy Tummy:

Dilute 15 drops in water.

Note: If you take nascent iodine you can add Happy Tummy to your water with iodine and apple cider vinegar.

WITH FOOD (AT ANY TIME OF DAY):

Vita Minerals Elixir: Take 4 capsules.

Marine Omega-3: Take 2 softgels.

Activated CO-Q10: Take 2 softgels.

BEFORE THE MAIN MEALS (LUNCH AND DINNER):

Happy Tummy: Dilute 15 drops in water.

BEFORE BEDTIME

Magnesium Citrate: Take 4 capsules.

Melatonin: Chew one tablet.

