

Foundational Health Bundle

A combination of three of the most important nutritional supplements to build a strong foundation and optimize whole body health.†

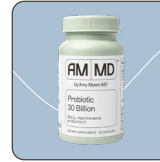
The Myers Way® Multivitamin



Supports thyroid and adrenal function.†

How to use: Take 3 capsules twice daily with food, or as recommended by your healthcare practitioner.

Probiotic 30 Billion



Helps promote beneficial microflora populations in the GI tract.†

How to use: Take 1 capsule per day before a meal, or as recommended by your healthcare practitioner.

Complete Omega-3



Supports healthy mood and cognitive function.†

How to use: Take 1 softgel twice daily with meals, or as recommended by your healthcare practitioner.

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Sample Supplement Schedule

This is a sample schedule of when to take all of the supplements included in your bundle. You do not have to follow this exact schedule, just make sure you take the supplements as directed.

	Breakfast	Lunch	Dinner
The Myers Way® Multivitamin	3 Capsules		3 Capsules
Probiotic 30 Billion		1 Capsule (before meal)	
Complete Omega-3	1 Softgel		1 Softgel