The Autoimmune Solution™ Bundle

A combination of four of the most important nutritional supplements for anyone concerned with autoimmunity.†

L-Glutamine

Nourishes and supports gut cell regeneration.†

How to use: Take 2 capsules in the morning and 2 capsules in the evening on an empty stomach, or as recommended by your healthcare practitioner.

Resveratrol

Supports a healthy cardiovascular system, containing all of the health benefits of 2-4 glasses of red wine, without the alcohol, sugar, or risk of yeast overgrowth.†

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

Curcumin Super Soluble

Supports the body's immune response and elimination of free radicals.†

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

Acetyl-Glutathione

Supports the natural detoxification process.†

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

AM MD®

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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.

	Before Breakfast	Breakfast	Lunch	Dinner	Before Bed
L-Glutamine	2 Capsules				2 Capsules
Resveratrol		1 Capsule			
Curcumin Super Soluble		1 Capsule		1 Capsule	
Acetyl-Glutathione	1 Capsule				

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