

# Metabolic Assessment Form - Nutritional Key

## CATEGORY I: Colon Support:

4 R Program:

*Remove:* MycoZyme™ (Z13), 1-2 capsules, 3 times per day  
H-PLR™ (K32), 2 capsules, 3 times per day with meals

*Re-Inoculate:* Probiotic:

*Replace:* HCL-ProZyme™ (Z26), 1-4 tablets, 3 times per day  
Bilemin™ (K11), 1-2 capsules, 3 times per day  
SuperDigestZyme™ (Z22), 1-2 tablets, 3 times per day

*Repair:* ClearVite-SF® (K24/36), please go to [www.clearvite.info](http://www.clearvite.info)  
LGS-Zyme™ (Z12), 1-2 capsules, 3 times per day

## CATEGORY II: Stomach Support (also check for Hypochlorhydria)

*Nutritional Support During Hypochlorhydria:*

HCL-ProZyme™ (Z26), 1-4 tablets, 3 times per day  
H-PLR™ (K32), 2 capsules, 3 times per day for 30 days  
ProteoZyme™ (Z19), 1-4 capsules, or as needed with meals

*Immune Support (during H-Pylori):*

H-PLR™ (K32), 2 capsules, 3 times per day for 30 days  
HCL-ProZyme™ (Z26), 1-4 tablets, 3 times per day  
Gastro-ULC™ (K29) 2-3 tablets, with meals or as needed

*Stomach Lining Support:*

H-PLR™ (K32), 2 capsules, 3 times per day for 30 days  
Gastro-ULC™ (K29) 2-3 tablets, with meals or as needed  
AdrenaCalm™ (K16), apply as directed, 2-3 times per day  
Adaptocrine® (K02) 2-3 capsules, 3 times per day

*Hyperacidity (during H. Pylori exposure):*

H-PLR™ (K32), 2 capsules, 3 times per day for 30 days  
HCL-ProZyme™ (Z26), 1-4 tablets, 3 times per day

## CATEGORY III: Stomach Support (also check for Hyperacidity)

*Hyperacidity (during secondary to Hypochlorhydria):*

HCL-ProZyme™ (Z26), 1-4 tablets, 3 times per day  
Gastro-ULC™ (K29), 2-3 tablets, with meals or as needed  
AdrenaCalm™ (K16), apply as directed, 2-3 times per day  
Adaptocrine® (K02), 2-3 capsules, 3 times per day

*Hyperacidity (during Ulcer or Pre-Ulcer):*

Gastro-ULC™ (K29), 2-3 tablets, with meals or as needed  
H-PLR™ (K32), 2 capsules, 3 times per day for 30 days

*Hyperacidity (during Stress):*

AdrenaCalm™ (K16), as directed on label 2-3 times per day  
Gastro-ULC™ (K29), 2-3 tablets, with meals or as needed

## CATEGORY IV: Small Intestine Support

Small Intestine Terrain (T10), 20 to 60 drops under the tongue, 1-3 times a day before meals, or as directed.  
ClearVite-SF® (K24/36), please go to [www.clearvite.info](http://www.clearvite.info)  
Gastro-ULC™ (K29), 2-3 tablets, with meals or as needed

## CATEGORY V: Biliary Support

*Nutritional Support During Gallstone/Biliary Stasis:*

Methyl-SP™ (K14), 1-2 capsules, with meals  
Lypomin-LV™ (K33), 1-3 capsules, 3 times a day  
Metacrin-DX™ (K10), 2-3 capsules, 2 to 3 times a day  
Bilemin™ (K11), 1-2 capsules, 3 times per day  
Super EFA Complex™ (K08), 1-2 tablespoons, 2-3 times per day  
C-Zyme 1000™ (Z04), 1 tablet, 3 times a day with meals  
MG/K Zyme™ (Z11), 1 tablet, 3 times a day with meals

## CATEGORY VI: Blood Sugar Balance (also check for Hypoglycemia)

Proglyco-SPT™ (K13), 1-2 capsules, 3 times per day  
Super EFA Complex™ (K08), 1-2 tablespoons, 2-3 times per day  
AdrenaStim™ (K15), apply as directed, morning and noon  
Adaptocrine® (K02), 2-3 capsules, 3 times per day

## CATEGORY VII: Support Blood Sugar Balance (also check for Insulin Resistance)

Glysen® (K01), 2-4 capsules, 3 times per day  
OmegaCo3™ (K07), 1-2 tablespoons, 2-3 times per day  
AdrenaCalm™ (K16), apply as directed, 2-3 times per day  
Adaptocrine® (K02), 2-3 capsules, 3 times per day  
Protoglysen™ (K28) 2 capsules, 3 times per day  
Fibromin™ (K25), 2-3 capsules, 3 times per day  
For support during diabetes, add OxiCell® (K22)

## CATEGORY VIII: Adrenal Support (also check for Adrenal Hypofunction)

*Nutritional Support During Adrenal Hypofunction:*

AdrenaStim™ (K15), apply as directed, morning and noon  
Adaptocrine® (K02), 2-3 capsules, 3 times per day

*May also need to support blood sugar balance (see category VI):*

Proglyco-SPT™ (K13), 1-2 capsules, 3 times per day  
AdrenaStim™ (K15), apply as directed, morning and noon  
Super EFA Complex™ (K08), 1-2 tablespoons, 2-3 times per day  
Adaptocrine® (K02), 2-3 capsules, 3 times per day

## CATEGORY IX: Adrenal Support (also check for Adrenal Hyperfunction)

AdrenaCalm™ (K16), as directed on label, 2-3 times per day  
Adaptocrine® (K02), 2-3 capsules, 3 times per day

*May also need to support blood sugar balance (see category VII):*

Glysen® (K01), 2-4 capsules, 3 times a day with meals  
AdrenaCalm™ (K16), apply as directed, 2-3 times per day  
OmegaCo3™ (K07), 1-2 tablespoons, 2-3 times per day

*Categories and symptom groups listed in this form are not intended to be used for diagnosis or treatment of any disease condition. Intended for nutritional purposes only.*

**CATEGORY X: Thyroid Support (also check for Hypofunction)***Nutritional Support During Low Thyroid:*

ThyroXal™ (K12), 1-2 capsules, 3 times per day  
 Thyro-CNV™ (K09), 1-2 capsules, 3 times per day

*Nutritional Support During Low Thyroid Immune Health:*

Ultra-D Complex™ (K35), 1 tsp. once a day with meals  
 OxiCell® (K22), 1/4 to 1/2 tsp., applied to vascular area as directed

*\*Check for pituitary hypofunction as well:**Primary Pituitary Hypofunction / Secondary Low Thyroid*

Thyraxis-PT™ (K30), 1 to 2 capsules, 3 times a day  
 AdrenaCalm™ (K16), apply as directed, 2-3 times per day  
 Adaptocrine® (K02), 2-3 capsules, 3 times per day

*Nutritional Support During Thyroid Underconversion:*

Thyro-CNV™ (K09), 1-2 capsules, 3 times per day  
 AdrenaCalm™ (K16), apply as directed, 2-3 times per day  
 Adaptocrine® (K02), 2-3 capsules, 3 times per day

*Nutritional Support During Thyroid Overconversion:*

Glysen® (K01), 2-4 capsules, 3 times a day with meals  
 OmegaCo3™ (K07), 1-2 tablespoons, 2-3 times per day  
 Fibromin™ (K25), 1-2 capsules, 2-3 times per day  
 Protoglysen™ (K28), 1-2 capsules, 3 times a day  
 AdrenaCalm™ (K16), apply as directed, 2-3 times per day  
 Adaptocrine® (K02), 2-3 capsules, 3 times per day

**CATEGORY XI: Thyroid Support (also check for Hyperfunction)**

Testanex™ (K17), apply 1/4 - 1/2 teaspoon, 3 times per day into body fat  
 Super OxiCell® (K23), 1/4 to 1/2 tsp., applied to vascular area as directed

ClearVite-SF® (K24/36), 1 to 2 scoops, 1-3 times a day  
 X-Viromin™ (K31), 1 to 2 capsules, 3 times per day  
 H-PLR™ (K32), 2-3 capsules, 3 times per day for 30 days  
 Ultra-D Complex™ (K35), 1 tsp. once a day with meals

**CATEGORY XII: Pituitary Support**

*\*Refer to Thyroid Support Category X*

**CATEGORY XIII: Pituitary Support (also check for Hyperfunction)****Category XIV (Male Only): Prostate Support (also check for Hypertrophy)**

Prosta-DHT™ (K06), 1-2 capsules, 3 times per day  
 Super EFA Complex™ (K08), 1-2 tablespoons, 2-3 times per day  
 Estrovite® (K05), 1-2 capsules, 3 times per day  
 Fibromin™ (K25), 2-3 capsules, 3 times per day

**CATEGORY XV (Male Only): Andropause Support***Nutritional Support for Testosterone Balance:*

Opticrine™ (K03), 1-2 capsules, 3 times per day

*Nutritional Support During Elevated Estrogen:*

Testanex™ (K17), apply 1/4 - 1/2 teaspoon, 3 times per day into body fat

**CATEGORY XVI (Female Only): Menstruating Women Only***To Support Healthy Progesterone Function:*

Progestaid™ (K04), 1-2 capsules, 3 times per day  
 Sublingual Progesterone (K20), as directed or needed  
 Super EFA Complex™ (K08), 1-2 tablespoons, 2-3 times per day

*For Nutritional Support During Healthy Estrogen Function:*

Estrovite® (K05), 1-2 capsules, 3 times per day  
 Super EFA Complex™ (K08), 1-2 tablespoons, 2-3 times per day

*For Nutritional Support During Adrenal Hypofunction (see category VIII):*

Proglyco-SP™ (K13), 1-2 capsules, 3 times per day  
 AdrenaStim™ (K15), apply as directed, morning and noon  
 Adaptocrine® (K02), 2-3 capsules, 3 times per day  
 Super EFA Complex™ (K08), 1-2 tablespoons, 2-3 times per day

**CATEGORY XVII (Female Only): Menopausal Females***To Support Healthy Progesterone Function:*

Progestaid™ (K04), 1-2 capsules, 3 times per day  
 Sublingual Progesterone (K20), as directed or needed  
 Super EFA Complex™ (K08), 1-2 tablespoons, 2-3 times per day

*The use of the phrase "Check for" in this form should be considered within the scope of practice of the healthcare practitioner only. Always refer to a physician or specialist when considering conditions beyond the scope of your practice.*