

QUICK START DIRECTIONS for Dr. Schulze's **Healthy Start** **VITALITY Program**

A POWERFUL, EFFECTIVE AND COMPLETE PROGRAM FOR CREATING POWERFUL HEALTH

DAILY ROUTINE

Follow this program for 30 days and feel and see the difference in your life!

MORNING: Upon arising drink 8 oz. of distilled or purified water. Then, prepare and drink your **SuperFood Plus** Morning Nutritional Drink.

WHAT'S INSIDE THIS KIT

- **SuperFood Plus Powder**
- **Intestinal Formula #1**
- **Echinacea Plus**

SuperFood Plus Drink Recipe: In a blender, mix 8 ounces of organic fresh fruit juice, 8 ounces of pure water, 1/2 cup of fresh organic fruit and 2 tablespoons of **SuperFood Plus**.

*For more information on **SuperFood Plus**, see other side.*

DURING THE DAY: Consume 2 droppersful (about 60 drops) of **Echinacea Plus** 5 times daily until you have consumed the entire bottle. This will take about 7 days. If you have a history of illness or immune system weakness, consume 1 additional bottle of **Echinacea Plus** during week three of this program.

Note: To make it easier on yourself, Dr. Schulze recommends that you simply put 10 droppersful of **Echinacea Plus** in a 24 oz bottle of water and/or juice and just sip it throughout the day until you've finished it.

*For more information on **Echinacea Plus**, see other side.*

EVENING: Start with only 1 capsule of **Intestinal Formula #1** during or just after dinner. If you do not notice any difference in your bowel behavior by the next day, or if the difference was not dramatic, then that evening increase your dosage to 2 capsules of **Intestinal Formula #1**. You can continue to increase your dosage every evening by one capsule until you notice a dramatic difference in the way your bowel works.

*For more information on **Intestinal Formula #1**, see other side.*

ABOUT THE FORMULAE

SUPERFOOD PLUS Powder

100% Organic Vitamin & Mineral Food Concentrate!

Getting the extra nutritional blast from my **SuperFood Plus** can be the missing link you've been searching for in your health program. Two rounded tablespoons of **SuperFood Plus**, added to your favorite juice or blender drink, gives you 2 to 5 times of most vitamins you need for the entire day.

These foods assimilate so easily; the nutrients can enter your bloodstream and go to work within 15 minutes. If you are not used to nutritional drinks, then for the first week use only 1 tablespoon of **SuperFood Plus**, and then work your way up to 2 tablespoons.

INTESTINAL FORMULA #1

The most effective herbal colon cleanser available anywhere!

This stimulating tonic is cleansing, healing and strengthening to the entire gastrointestinal system. Getting the accumulated poisons and toxins out of your body and tuning up your body's waste removal system is the quickest way to heal disease and build powerful health.

This formula works best when taken with food, preferably dinner. The next morning you should notice an increase in the amount of fecal matter that you eliminate. The consistency should also be softer. If you do not notice any difference by the next day or if the difference was not dramatic, then that evening increase your dosage to 2 capsules of **Intestinal Formula #1**. There is no limit. Most people need only 2-3 capsules, but a few have needed over 30 capsules. It has taken most of us years to create a sluggish bowel, so let's be patient for a few days and increase by only 1 capsule each day. This formula can be taken for a week, a month or the rest of your life. Use this formula until you are having one bowel movement each day for every meal you eat. Between 2 and 4 bowel movements a day is normal.

ECHINACEA PLUS

Supercharge Your Immune System!

Echinacea stimulates your body to build more immune cells and immune chemicals. It also stimulates these immune cells into action and heightened activity levels. These actions will help you combat any infection or disease more effectively and also protect you from future invasion and illness.

These statements have not been evaluated or approved by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Call 1-800-HERBDOC (437-2362) or visit us online at www.herbdoc.com to order