

Product

Essential Nutrition	Adult Health Maintenance	Adult Health Challenges	Children (ages 0 - 3)	Children (ages 4 - 9)	Children (ages 10 - 17)
Lifetrack® Basics	Add 1 packet to food or beverage daily	Add 1-2 packets to food or beverage daily	N/A	Children 4-12 add 1/2 packet to food or beverage daily	Age 12 and over add one packet to food or beverage daily
Her Defense® Next Generation	2 capsules daily with or without food	4 capsules daily with or without food	N/A	1 capsule daily with or without food	1-2 capsules daily with or without food
His Defense® Next Generation	2 capsules daily with or without food	4 capsules daily with or without food	N/A	1 capsule daily with or without food	1-2 capsules daily with or without food
Lifetrack® Digestive Twin-Pack Probiotic Support™	2 capsules daily with food	4-6 capsules daily with food	N/A	1 capsule daily with food	2 capsules daily with food
	2 capsules daily with food	2-4 capsules daily with food	N/A	1 capsule daily with food	1-2 capsules daily with food
Lifetrack® Multi-Vitamin & Mineral Supplement	1 capsule 3 times daily with food	3-4 capsules daily with food	N/A	1 capsule daily with food	2-3 capsules daily with food

Targeted Nutrition	Adult Health Maintenance	Adult Health Challenges	Children (ages 0 - 3)	Children (ages 4 - 9)	Children (ages 10 - 17)
Bone Support™	3 capsules daily with food or meals	3-6 capsules daily with food or meals	N/A	N/A	1 capsule daily with food or meals
Cellular Energy™ (capsules) (Next Generation)	3-6 capsules daily between meals	9-12 capsules daily between meals	N/A	2 capsules daily between meals	3 capsules daily between meals
Cellular Energy™ (powder) (Next Generation)	1 scoop daily between meals	2-3 scoops daily between meals	N/A	1/2 scoop daily between meals	1 scoop daily between meals
Joint Support™ (Next Generation)	4 capsules daily between meals	8-10 capsules daily between meals	N/A	N/A	4 capsules daily between meals
Orchard Omegas® Next Generation	3 capsules daily with or without food	4-6 capsules daily with or without food	N/A	1-2 capsules daily with or without food	2-3 capsules daily with or without food
Vital HF™ (Next Generation)	1 capsule daily with or without food	4-5 capsules daily for first week, then 2-3 capsules daily next 90 days	N/A	1 capsule daily with or without food	1 capsule daily with or without food

Targeted Nutrition	Adults 150-250 lbs.	Adults 250 lbs. +	Teens (13 - 18)
Lifetrack® Balance	2 capsules, 2 times daily 30 minutes before mealtime	3 capsules, 2 times daily 30 minutes before mealtime	1 capsule, 1 time a day 30 minutes before mealtime.
Lifetrack® Vitality	2 capsules, 2 times daily	2-3 capsules, 2 times daily	1 capsule, 1 time a day