

Weight Loss Starter Kit – 30 Day Supply**Daily Supplement Dosing Schedule**

Date: _____

Recommended Treatment Duration: 1 – 4 Months/No Maximum**Patient:** _____

| Time of day | Supplement | Notes/Function |
|---|---|--|
| On rising (no food) – Half hour before eating breakfast. | 1 capsule Clear Flora – Bottle - high potency probiotic in the fridge 60-day supply per bottle Or 1 capsule Clear Flora – Box - high potency probiotic – shelf stable 30-day supply per box | Immunity, wellness, inflammation, belly fat, reduces cholesterol, improves digestion and total wellness, replaces healthy bacteria |
| | Optional: 2 Clear Metabolism - thyroid support formula | Increases energy, metabolism, thyroid hormone production (particularly T4 thyroid hormone), mood, weight loss |
| | Optional: 2 Green Tea with Moringa (Greens First) | Increases energy, metabolism, aids weight loss, reduces hunger and cravings, antioxidant and super food nutritional content |
| Breakfast (6 to 8 AM) | 2 capsules Clear Omega – high potency, extra strength, EPA/DHA, enteric coated capsule Or 2 capsules Pure Form Omega – high potency plant based omega | Anti-inflammatory, weight loss, mood, cravings, skin, hair, brain health, preserves muscle mass |
| | 1 drop Clear D3 Drops 1000IU per drop Or 1 capsule of 1000IU Clear C3 Tabs | Immunity, cancer protection, flu protection, weight loss success |
| | Option for breakfast – 1 to 2 scoops of Dream Protein with 1 to 2 scoops Clear Fiber in smoothie – fiber is essential for estrogen detox and fat loss (chia or flax is not sufficient – add these to meals) Or 1 to 1.5 scoops Clear Complete (Whey Protein Based) – blend with ice and almond milk or 1 to 1.5 scoops Clear Vegan Protein Complete Cleanse (Pea Protein Based) | Anti-inflammatory, weight loss, mood, cravings, skin, hair, brain health, preserves muscle mass |
| | 5 capsules of Clear Detox – Hormonal Health (take at lunch if taking a thyroid hormone on rising) | Liver detox, anti-inflammatory, cravings, energy, mood, estrogen detoxification |
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| Lunch (11 – 1 PM) | | |
| Meal 3 (3 to 4 PM) | Optional: 1 to 1.5 scoops clear complete or clear complete vegan cleanse – 1 to 1.5 scoops – shake in water, almond milk or coconut milk – or blend with ice - and drink Or B-UP Bar | Liver detox – metabolic detox, metabolism, weight loss, preserve muscle tissue |
| Dinner (6 to 8 PM) | | |
| Before Bed (no food) | 2 to 4 capsules Clear Magnesium Calm – 150 mg magnesium glycinate capsules | Weight loss, hormonal balance, digestive detox, sleep aid, cravings, blood sugar balance, stress reduction, calms nervous system |
| | 1 capsule Clear Zinc 50 – 50 mg zinc picolinate; 3000mg Biotin and 300mg vitamin C (Take this for 12 weeks) | Weight loss, thyroid support, sleep support, belly fat, immunity |

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| | 2 capsules Clear Omega or Pure Form Omega | Anti-inflammatory, weight loss, mood, cravings, skin, hair, brain health, preserves muscle mass |
| | Optional: 1 to 2 Clear zzz'z – melatonin lozenges | Melatonin boosts thyroid hormone, reduces cortisol, aids weight loss, improves immunity and helps sleep – so it is recommended by Dr. Turner even if your sleep is good. |

Recommended Book: The Hormone Boost

Treatment Specifics – Order I suggest you follow when embarking on The Hormone Boost – The recommended book to start with for weight loss :

- 1.) Read and implement The Three Step Home Prep
- 2.) Read The Four Step Body Prep Chapter and start this supplement plan – it will help you to complete The Four Step Body Prep.
- 3.) Then start the Hormone Boost Action Plan – The Diet Portion – When you start the diet – start using your Progress Tracker - write down all that you eat and drink. If you need help with the diet coaching, you can purchase a package for four nutrition sessions on the phone for \$120 from my clinic – call 416 579 9105.
- 4.) After a week or more – when you feel ready – start The Hormone Boost Action Plan – The Workout
- 5.) You may add clear cleanse powder to include on intermittent fasting days.
- 6.) You may want to add Clear Complete, Clear Complete Vegan Cleanse and/or B-Up Bars as complete meal options on the go.
- 7.) You may want to add Clear Fiber and Dream Protein to make your own smoothies.