

## Douglas

### Directives **Chronic Fatigue Protocol**

A Suggested Nutrition Protocol for Chronic Fatigue\*

#### **C.F.S. Support Formula™:**

A synergistic and comprehensive combination of vitamins, minerals, enzymes, herbals, and other nutrients, specifically designed to support those with Chronic Fatigue.

**Product Code:** 4546

**Suggested Usage:** 2 tablets twice daily with meals

#### **Ester-C Plus:**

Antioxidants have been shown to be reduced and free radical production increased in those with chronic fatigue. Supplemental vitamin C intake is needed.

**Product Code:** 7847

**Suggested Usage:** 2 capsules daily

#### **Mag-Tea G:**

Magnesium citrate and a combination of green and white tea extracts in a pleasant-tasting natural lemon juice flavored powder.

**Product Code:** 57126

**Suggested Usage:** 1 teaspoon daily

#### **FlavonAll®:**

This product provides a well-rounded spectrum of plant based antioxidant, including grape seed extract, pycnogenol (pine bark extract), bilberry, green tea, and more. Antioxidants have been shown to be depleted in those with chronic fatigue and supplementation may be beneficial.

**Product Code:** FVA

**Suggested Usage:** 2 tablets daily

#### **Mycocutics:**

This blend of 10 medicinal mushrooms is a rich source of beta-1, 3-glucans, polysaccharides that have shown to be potent immune-stimulating compounds.\*

**Product Code:** MYCO

**Suggested Usage:** 2 capsules twice daily

#### **G.F.S.-2000™ Capsules:**

A green food supplement that supplies valuable phytonutrients and digestive-friendly probiotic cultures.

**Product Code:** 7704

**Suggested Usage:** 2 capsules with each meal

\*Statements within have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure or prevent any disease.

