

The Family Holistic's Blueprint

Supplement	Upon Waking	Breakfast	Lunch	Dinner	Before Sleep	Supports
Immun		1		1		Immune System
BioToxin Binder	1				1	Detoxification
Liquid Iodine		1 drop	1 drop			Thyroid

Notes Unless directed otherwise, all supplements may be taken together or separately, hot or cold, or with or without food. Shake liquid supplements before consuming.

Special Instructions

SAMPLE



Liquid Iodine supplies 75 mcg of iodine (as potassium iodide) per drop. Iodine is an essential trace mineral, and is vital to healthy thyroid function.* Approximately 80% of the dietary intake of iodine is sequestered by the thyroid gland. However, other tissues concentrate iodine as well, including salivary glands, the gastric mucosa, choroids plexus, the lactating mammary gland and the ovaries. Decreased iodine status may result in an insufficient production of thyroxine, and thus may impact thyroid function. Vegetarians may be at increased risk of iodine deficiency. Liquid Iodine supplies 75 mcg of iodine per drop.



BioToxin Binder promotes the body's natural ability to detoxify.* It lends increased support to the gut microbiome, which optimizes immunity and digestive function.* The addition of Carbon Technology also supports cellular repair and increased energy production.*



Alovéa AE offers an effective, non-toxic integrative health strategy for supporting the body's normal functions of defense, repair, and regeneration. Over 70% of our immune system is found in the gut. Our proprietary Alovéa AE™ Aloe vera extract provides a unique formulation of the most powerful immune-balancing fractions of this incredible compound to provide the body with targeted immune support where it counts – in the gut.