

PRODUCT	DIRECTIONS	DAY 1	DAY 2	DAY3	MAINTENANCE
<b>Advanced Men's Formula</b>	Take 3-6 tablets daily with a large glass of water preferably before meals	3-6	3-6	3-6	3-6 tablets per day
<b>A&amp;D Vitamin</b>	Take one or two tablets daily with food. Take with 3 to 4 Ultimate Calcium Mineral Formula.	1-2	1-2	1-2	1-2 tablets daily
<b>B-Complex</b>	Take one (1) to three (3) tablets daily with food.	1-3	1-3	1-3	1-3 tablets daily
<b>Beta-Sitosterol</b>	Take two (2) tablets daily with eight (8) ounces of water, preferably a half an hour before meals.	2	2	2	2 tablets daily
<b>Big Blue</b>	Take two (2) tablets daily with food, preferably at lunch and dinnertime.	2-4	2-4	2-4	2 tablets twice daily
<b>Big Blue II</b>	Take two tablets daily, at least thirty minutes before physical activity. For optimal results take with Roex® Big Blue™.	2	2	2	1 tablet twice daily
<b>Calcium Mineral Formula</b>	Take six to eight tablets daily; 1/2 during the day & 1/2 at night before bed	6	6	6	6-8 tablets daily
<b>Calcium Powder</b>	Take 1 or more tbsp. daily. Works well with Roex® Whey Protein Shakes.	1 Tbsp.	1 Tbsp.	1 Tbsp.	1 tablespoon or more per day
<b>Cayenne with Ginger</b>	Take 1 to 2 capsules daily with food or an 8 oz. glass of water or as directed by your healthcare professional. DO NOT TAKE ON AN EMPTY STOMACH.	1-2	1-2	1-2	1-2 tablets daily
<b>Cell Talk This Product Contains Shellfish</b>	Take two (2) tablets in the morning and two (2) tablets in the evening with an 8 oz. glass of water.	4	4	4	2 tablets twice daily
<b>Cell Talk Powder This Product Contains Shellfish</b>	Dissolve one serving (1 tsp) in 6-8 oz. of any liquid of your choice daily. Works well with Roex's Perfect Whey Protein and Fiber Blend.	1 tsp	1 tsp	1 tsp	1 teaspoon daily or more per day
<b>Chicken Sternal Collagen</b>	Take three (3) capsules twice a day with eight (8) ounces of water, preferably 20 minutes before eating	6	6	6	3 capsules twice daily, 20 minutes before each meal
<b>Choline Bitartrate</b>	Take two (2) capsules in the morning with breakfast and (2) capsules in the evening with dinner with 8 ounces of water	4	4	4	2 capsules twice daily
<b>Citrigenics I</b>	Take 3 tablets daily per serving	3	3	3	3 tablets twice daily
<b>Coconut Oil</b>	Take three (3) capsules twice daily, preferably at meal-times	6	6	6	6 capsules a day, preferably at mealtimes
<b>Colon Essentials</b>	Take one (1) capsule on an empty stomach, one to three times daily	1-3	1-3	1-3	1-3 capsules a day, preferably at night
<b>Colon Essentials Powder</b>	Dissolve one serving (1tsp.) in 6-8 ounces of any liquid of your choice daily. Works well with Roex Perfect Whey protein.	1 Tsp.	1 Tsp.	1 Tsp.	1 teaspoon or more per day
<b>Mother's Gift Colostrum</b>	Take two (2) capsules twice daily on an empty stomach with 8 oz. of water	4	4	4	4 capsules daily
<b>Mother's Gift Colostrum Powder</b>	Dissolve one serving (1tsp.) in 6-8 ounces of any liquid of your choice daily. Works well with Roex Perfect Whey protein.	1 Tsp.	1 Tsp.	1 Tsp.	1 teaspoon or more per day
<b>Mother's Gift Chewable Colostrum</b> (Pineapple or Chocolate)	For children four (4) years of age and older, and adults: chew one tablet, 3 times daily	3	3	3	3 tablets daily
<b>CoQ10</b>	Let one tablet dissolve under your tongue, three times daily after each meal	1-3	1-3	1-3	1 tablet 3 times daily
<b>Digestive Balance</b>	Chew 2-4 tablets before and after each meal. As a breath freshener, dissolve 2-4 tablets in mouth when needed	2-4	2-4	2-4	Take 2-4 tablets as directed
<b>DHA</b>	Take two (2) capsules daily, one in the morning and one in the evening	2	2	2	2 capsules daily with food
<b>EFA's</b>	Take two (2) capsules, two (2) times a day	2/2 day	2/2 day	2/2 day	2 capsules twice a day with food
<b>Epithelial Tissue Support</b>	Take two (2) tablets, three (3) times a day preferably on an empty stomach with a large glass of water	2-6	2-6	2-6	2 tablets three times a day on an empty stomach

PRODUCT	DIRECTIONS	DAY 1	DAY 2	DAY3	MAINTENANCE
<b>Fiber Blend</b>	Dissolve one (1) teaspoon daily for the 1st week in a 6-8 oz liquid of your choice. On the 2nd week dissolve one (1) tablespoon (approx 9 grams) daily in a 6-8 oz liquid of your choice. Drink 8 oz of water 8 times a day.	1 Tsp. - 1 Tbs.	1 Tsp. - 1 Tbs.	1 Tsp. - 1 Tbs.	1 heaping Tbs. (approx 9 grams) per day
<b>For Your Eyes Only</b>	Take 2 tablets on an empty stomach twice daily half an hour before eating with water.	4	4	4	2 tablets twice daily
<b>FP-63</b>	Take 2-4 tablets daily with a large glass of water, preferably before meals. For best results, use regularly.	2-4	2-4	2-4	2-4 tablets per day
<b>Hurricane</b>	Take 2-6 capsules daily as desired	2-6	2-6	2-6	2-6 tablets per day or more as desired
<b>Hyaluronic Acid</b>	Take one capsule twice daily with 8 ounces of water, preferably with Roex Chicken Sternal Collagen Type II, twenty minutes before eating.	2	2	2	one tablet twice daily
<b>Immortale fo Men or Women</b>	Take two (2) tablets three (3) times daily with food	2-6	2-6	2-6	2 tablets, 3 times daily with food
<b>Kidney Bladder Support</b>	Take two (2) tablets in the morning, and (2) tablets in the afternoon with a full glass (8 oz.) of water	2-4	2-4	2-4	2 tablets twice daily
<b>Livalon</b>	Take two (2) capsules per day with liquid before meals	2	2	2	For specific liver conditions, take 6 per day
<b>*L-Lysine/L-Proline Take two hours apart from Oleuropein.</b>	Take one (1) to three (3) capsules, three times a day, an hour before meals or on an empty stomach	1-3 3 x day	1-3 3 x day	1-3 3 x day	1-3 tablets, three times per day
<b>Magnesium-Potassium</b>	Take 2 capsules with water, and a meal.	2	2	2	2 capsules per day.
<b>Melatonin</b>	Take 1 tablet with water 1/2 hour prior to bedtime. Cycle on and off days as desired	1	1	1	1 or more tablet , one-half hour before sleep.
<b>MSM Powder</b>	Mix 1/4-1 teaspoon in liquid and drink once or twice a day	1/4 - 1 Tsp.	1/4 - 1 Tsp.	1/4 - 1 Tsp.	1/4 - 1 teaspoon or more per day
<b>MSM Tablets</b>	Take one (1) or two (2) tablets daily with a large glass of water. For best results, take one tablet prior to each meal. Do not take at night; it may keep you awake.	1-2	1-2	1-2	Take one (1) or two (2) tablets daily.
<b>Oleuropein</b>	Take two (2) tablets, 3 times daily with food	2-6	2-6	2-6	2 or more tablets or as desired
<b>Optima-100</b>	Take two (2) tablets twice daily, preferably with a meal.	2/2 day	2/2 day	2/2 day	2 tablets twice daily, preferably with a meal.
<b>PC-95 Tablets</b>	To reach saturation dosage; upon rising in the a.m. on an empty stomach with a large glass of water <b>For Children</b>	2  1	4  1	6  1	For saturation, after 3rd day, 6 per day until first bottle is empty. Then, 2-6 tablets per day or more as desired.
<b>PC-95 Body Lotion</b>	Apply to cleansed face and neck daily				As desired
<b>Rocky's Iron</b>	Take one (1) capsule daily with a meal with 8oz. glass of water, preferably used in conjunction with Roex Ester-C	1	1	1	1 capsule per day
<b>Sea Fiber Chitosan</b>	Do not take if allergic to shellfish. Take three (3) to six (6) tablets with WOW after the evening meal or take with any meal; but space it two (2) hours apart from any fat soluble vitamins (e.g. A, D & E)	3-6	3-6	3-6	Take until desired results acheived. Do not exceed 6 tablets per day.
<b>Thyroid Support</b>	Take one or two tablets daily with meals, or as directed by your health care professional	1-2	1-2	1-2	1-2 tablets daily
<b>Vitamin C Mineral Ascorbates Tablets</b>	Take five (5) tablets daily. For optimal results take with PC-95.	5	5	5	5 tablets per day.
<b>Vitamin C Mineral Ascorbates Powder</b>	Dissolve one (1) teaspoon in a 6-8 oz. Liquid of your choice daily. Works well with Roex® Whey Protein Shakes.	1 Tsp.	1 Tsp.	1 Tsp.	1 teaspoon or more per day
<b>Whey Protein</b>	Take three (3) scoops and stir into approx. 6 oz. of cold distilled water or juice. Can be used as a meal replacement. Must have at least 1,200 calories a day to supplement				
<b>WOW</b>	Take two (2) capsules daily then add one (1) or more capsule per day until you have one or more good bowel movements per day.	2	2+	2+	Take until desired results are acheived