

PRODUCT	DIRECTIONS	DAY 1	DAY 2	DAY3	MAINTENANCE
Advanced Men's Formula	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
A&D Vitamin	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-Complex	Take one (1) to three (3) tablets daily with food.	1-3	1-3	1-3	1-3 tablets daily
Beta-Sitosterol	Take two (2) tablets daily with eight (8) ounces of water, preferably a half an hour before meals.	2	2	2	2 tablets daily
Big Blue	Take two (2) tablets daily with food, preferably at lunch and dinnertime.	2-4	2-4	2-4	2 tablets twice daily
Big Blue II	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
Calcium Mineral Formula	Take six to eight tablets daily; 1/2 during the day & 1/2 at night before bed	6	6	6	6-8 tablets daily
Calcium Powder	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
Cayenne with Ginger	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
Cell Talk This Product Contains Shellfish	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
Cell Talk Powder This Product Contains Shellfish	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
Chicken Sternal Collagen	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
Choline Bitartrate	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
Citrigenics I	Take 3 tablets daily per serving	3	3	3	3 tablets twice daily
Coconut Oil	Take three (3) capsules twice daily, preferably at meal-times	6	6	6	6 capsules a day, preferably at mealtimes
Colon Essentials	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
Colon Essentials Powder	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
Mother's Gift Colostrum	Take two (2) capsules twice daily on an empty stomach with 8 oz. of water	4	4	4	4 capsules daily
Mother's Gift Colostrum Powder	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
Mother's Gift Chewable Colostrum (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
CoQ10	Let one tablet dissolve under your tongue, three times daily after each meal	1-3	1-3	1-3	1 tablet 3 times daily
Digestive Balance	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
DHA	Take two (2) capsules daily, one in the morning and one in the evening	2	2	2	2 capsules daily with food
EFA's	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
Epithelial Tissue Support	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

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Fiber Blend	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
For Your Eyes Only	Take 2 tablets on an empty stomach twice daily half an hour before eating with water.	4	4	4	2 tablets twice daily
FP-63	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
Hurricane	Take 2-6 capsules daily as desired	2-6	2-6	2-6	2-6 tablets per day or more as desired
Hyaluronic Acid	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
Immortale fo Men or Women	Take two (2) tablets three (3) times daily with food	2-6	2-6	2-6	2 tablets, 3 times daily with food
Kidney Bladder Support	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
Livalon	Take two (2) capsules per day with liquid before meals	2	2	2	For specific liver conditions, take 6 per day
*L-Lysine/L-Proline Take two hours apart from Oleuropein.	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
Magnesium-Potassium	Take 2 capsules with water, and a meal.	2	2	2	2 capsules per day.
Melatonin	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.
MSM Powder	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
MSM Tablets	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.
Oleuropein	Take two (2) tablets, 3 times daily with food	2-6	2-6	2-6	2 or more tablets or as desired
Optima-100	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.
PC-95 Tablets	To reach saturation dosage; upon rising in the a.m. on an empty stomach with a large glass of water For Children	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.
PC-95 Body Lotion	Apply to cleansed face and neck daily				As desired
Rocky's Iron	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
Sea Fiber <i>Chitosan</i>	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.
Thyroid Support	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
Vitamin C Mineral Ascorbates Tablets	Take five (5) tablets daily. For optimal results take with PC-95.	5	5	5	5 tablets per day.
Vitamin C Mineral Ascorbates Powder	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
Whey Protein	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				
WOW	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