

ACUPUNCTURE • DEEP TISSUE WORK • DIGESTIVE DISORDERS



ALTERNATIVE HEALTH
PAIN CENTER

"Dedicated to helping you live a healthy, productive and long life"

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Every Day All People Nutrition

1. Take a multivitamin/mineral supplement with each meal (3 per day)
Nutrient 950 with Iron for menstruating women
Nutrient 950 without Iron for Men and Women
2. Mitochondrial Health:
 - A) Acetyl L Carnitine 700 mg/day
 - B) Alpha Lipoic Acid 200-400 mg/day
 - C) CoQ10 (Ubiquinone) 100 mg/day
3. Increase Glutathione:
 - A) N Acetyl Cysteine, or NAC 600-1,200mg per day
 - B) Undenatured Whey Protein 2 scoops per day (Never put in blender)
4. Take Omega 3's
3,000-12,000 mg/day Best to take at night before bed
5. Take 2,000 IU Vitamin D3 per day
Take with dinner or bedtime

Use should also take olive oil 2 tablespoons per day, some Flax seed oil and GLA oil with the Fish Oil.