

## Dynamite® Human Nutritional Guide

These products provide nutritional and/or topical support for the following situations:

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| <p><b>Basic Vitamin and Mineral Support</b><br/> Dynamite for Adults and Children(tm)<br/> or<br/> Dynamite Plus(tm)<br/> Tri Mins Plus (tm)<br/> Elixir (tm)</p>   | <p><b>Skin, Hair, Nails</b><br/> Skin, Hair and Nails (tm)<br/> Cell Mend (tm)<br/> Tea Tree Oil<br/> Miracle Clay (tm)<br/> Tan-o-the-Isles (tm)<br/> All Natural Shampoo and Conditioner<br/> Rejuvenating Face Cream</p> |
| <p><b>Trace Mineral Support</b><br/> Trace Minerals Concentrate (tm)<br/> Izmine (tm)<br/> Miracle Clay (tm)</p>  | <p><b>Detoxification and Liver Support</b><br/> Izmine(tm) *<br/> SOD (tm)<br/> Miracle Clay (tm)<br/> Herbal Green (tm)</p>  |
| <p><b>Digestion</b><br/> Elixir (tm)<br/> Miracle Clay (tm)</p>   | <p><b>Detoxification and Liver Support</b><br/> Izmine(tm) *<br/> SOD (tm)<br/> Miracle Clay (tm)<br/> Herbal Green (tm)</p>  |
| <p><b>Joints, Skeleton, Connective Tissue</b><br/> Ester C ®<br/> Tri Mins Plus (tm)<br/> Cell Mend (tm)<br/> Izmine (tm)<br/> Manganese Plus (tm)<br/> Hisorbadyne (tm)<br/> Dyna-Lite(tm)<br/> Free and Easy (tm)</p> | <p><b>Electrolyte Balance</b><br/> NTM Salt(tm)<br/> Izmine(tm)<br/> Elixir (tm)<br/> Tri-Mins Plus (tm)</p>  |
| <p><b>Energy Production, Blood Building, Athletic Support</b><br/> Athletic Formula (tm)<br/> Herbal Green (tm)<br/> Izmine (tm)<br/> Adrenal Support</p>   | <p><b>Weight Management, Blood Sugar Balance</b><br/> Dyna-Lite (tm)<br/> Athletic Formula (tm)<br/> Elixir (tm)<br/> Izmine (tm)<br/> Herbal Green (tm)<br/> Adrenal Support</p>   |
| <p><b>Hormone Balance</b><br/> Zinc Plus (tm) - male<br/> Manganese Plus (tm) - female<br/> PMS (tm)<br/> Herbal Green (tm)<br/> Athletic Formula (tm)<br/> Hair, Skin and Nails (tm)<br/> Adrenal Support</p>          | <p><b>Wounds, Skin Conditions - Topical</b><br/> Wound Balm<br/> Wound Salve<br/> Tea Tree Oil<br/> Solace (tm)<br/> Miracle Clay(tm)<br/> Trace Minerals Concentrate (tm)</p>  |
| <p><b>Vascular Integrity</b><br/> Ester C ®<br/> Hisorbadyne (tm)<br/> SOD (tm)<br/> Hair, Skin and Nails (tm)</p>  | <p><b>Replenishing Alkaline Reserve</b><br/> Herbal Green (tm)<br/> Elixir (tm)<br/> Tri-Mins Plus (tm)<br/> Catalyst Water</p>   |

These Products are intended for nutritional and topical support, no curative properties are expressed or implied. For complete instructions see company catalogs and literature.

**NOTE:** Use presumes the consumption of Dynamite® or Dynamite Plus(tm) . In many cases, the basic product support will make use of additional products unnecessary, so try the basics first. The list in each category represents the possible options for each situation. Since every body is different, you may need to see which product or combination works for you. For additional assistance, contact your Dynamite Distributor.

#### **GENERAL TIPS FOR USING DYNAMITE® PRODUCTS FOR HUMANS**

**Start with the basic program.** Elixir (tm), Dynamite Plus(tm) or Dynamite®, and TriMins Plus (tm) are the basic nutritional support program for all people. Often the temptation is to skip the basics and go right to the specialty formulas, when in fact 60 days on the low optimum levels of these products may be all that is needed for optimum health and performance. . Evaluate results after 60 days on the basic program before determining a need for any other products, as a general rule.

**Start on the products slowly.** As with any change, the body needs time to adjust. Start with just Elixir (tm) for 30 days, at the lower dose and working up to the optimum level. Add 1 capsule of Dynamite or Dynamite Plus after 30 days, and 1 capsule of TriMins Plus. Take a week or two to work up to the optimum dose of these products.

**Adjust the levels of supplementation to meet individual needs.** Every body is different. Using the recommended levels for each product as a guideline, you may wish to experiment to find the best program and combination for you. Your personal observations and intuition will be your best guide.

**As you add in any of the specialty products, you may want to reduce the levels of the basic supplement.** Obviously, you would not use everything in the line all at once! With our potent amino acid mineral chelates, "less is more". As a general rule, look to find the lowest level of each product or combination of products that will maintain the desired result.

**You may not need to take supplements every day.** It is a good idea to skip supplements one day a week to allow the body to flush any excess. Pick a day when stress or activity is low. As you become more familiar with the various products you will be better able to make informed decisions as to their most appropriate uses.

**Eat a simple and basic diet of 80% alkaline ash foods (vegetables and fruits) and drink top quality distilled or RO water.** Get plenty of sleep and exercise regularly.