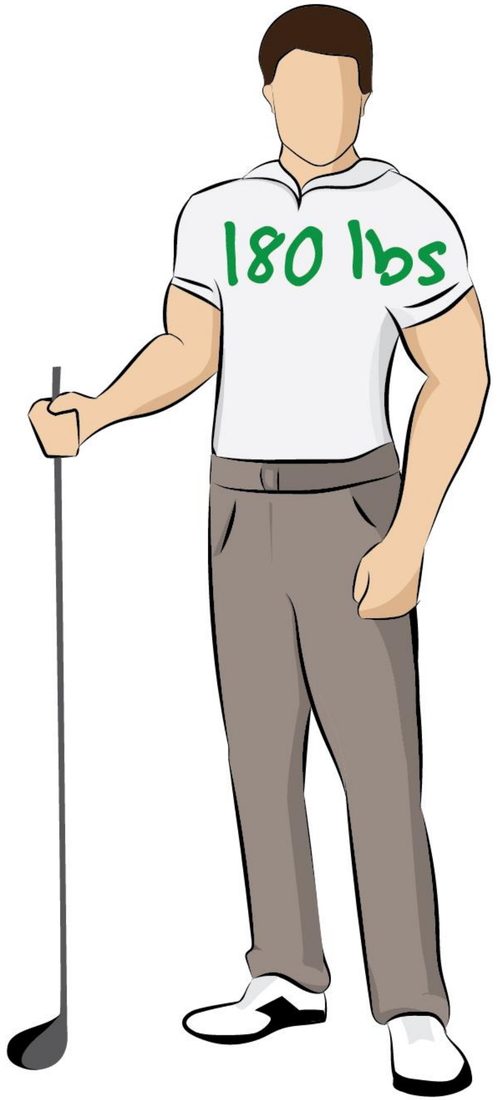
HOLE IN ONE NUTRITION

BCAA's
Vit D
Fish Oil
Probiotics
Mg
Magnesium



$\div$ 2 = 90 ounces of H_2O

BCAA's
Vit D
Fish Oil
Probiotics
Mg
Magnesium

P ROTEIN

F AT

F IBER

PRE INTRA
POST

T/C

High glycemic carbohydrates sources are best

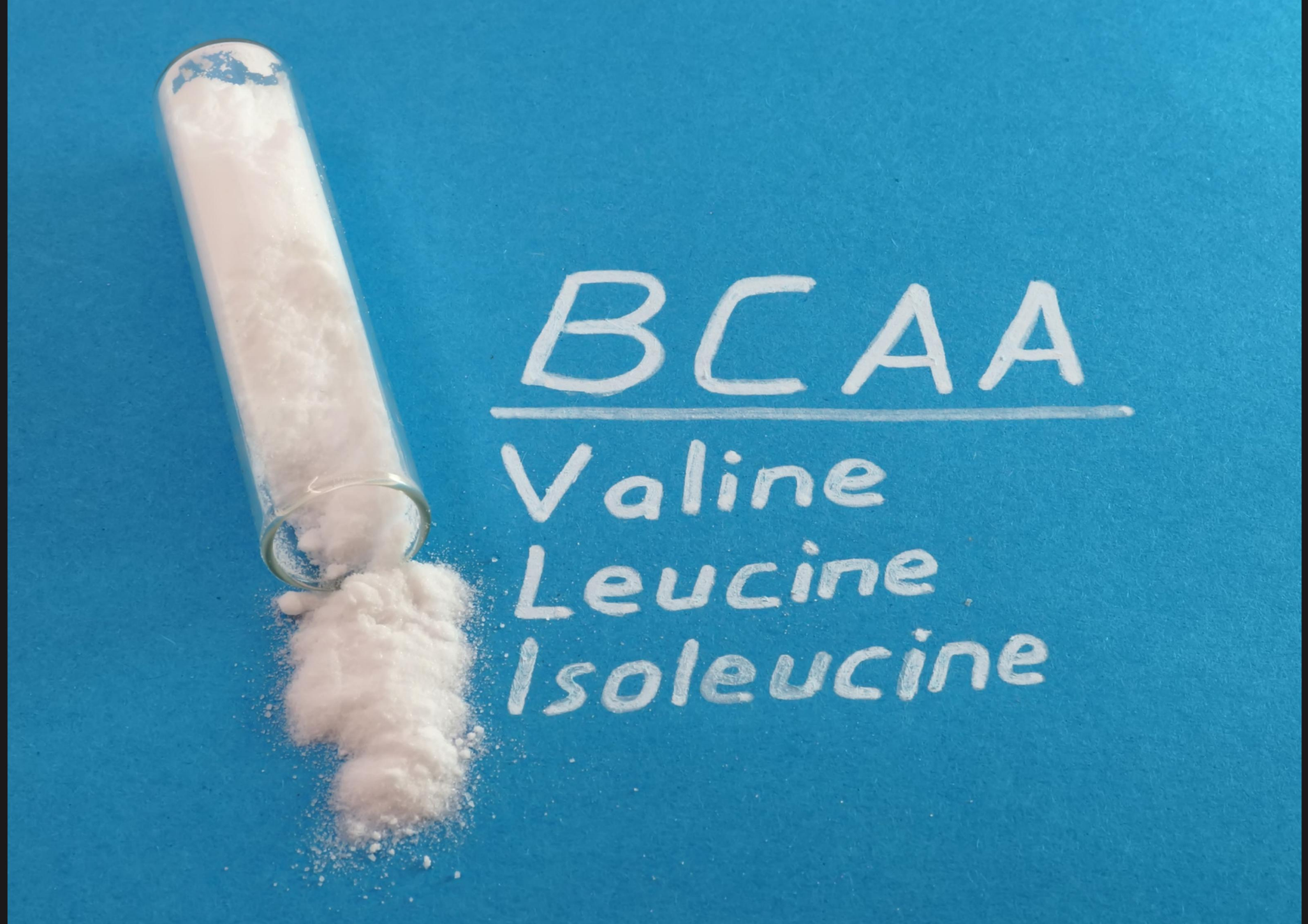
RICE

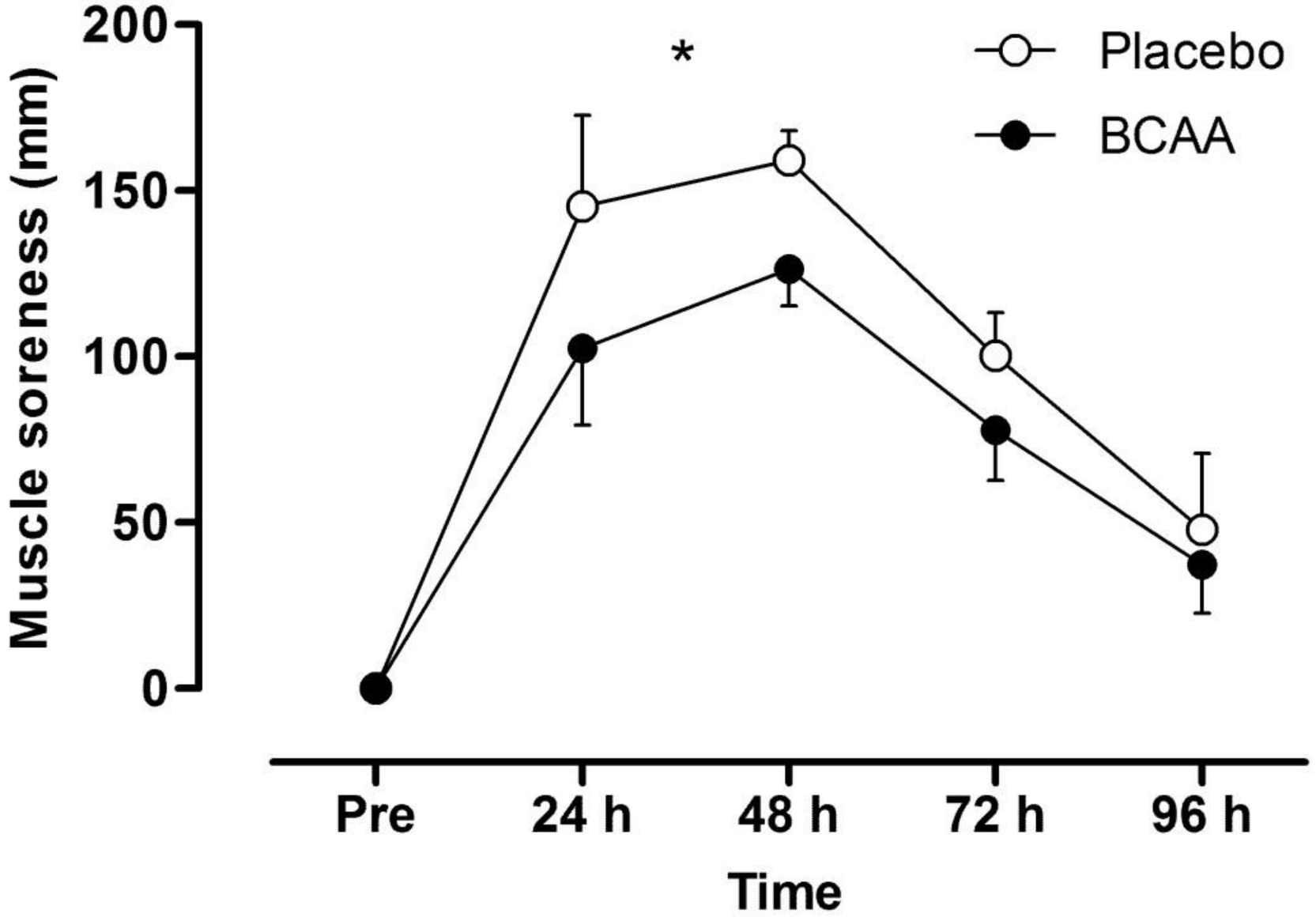
BANANA

POTATO

BCAA's
Vit D
Fish Oil
Probiotics
Mg
Magnesium

CREATINE


BCAA
Valine
Leucine
Isoleucine



Int J Sport Nutr Exerc Metab. 2010 Jun;20(3):236-44.

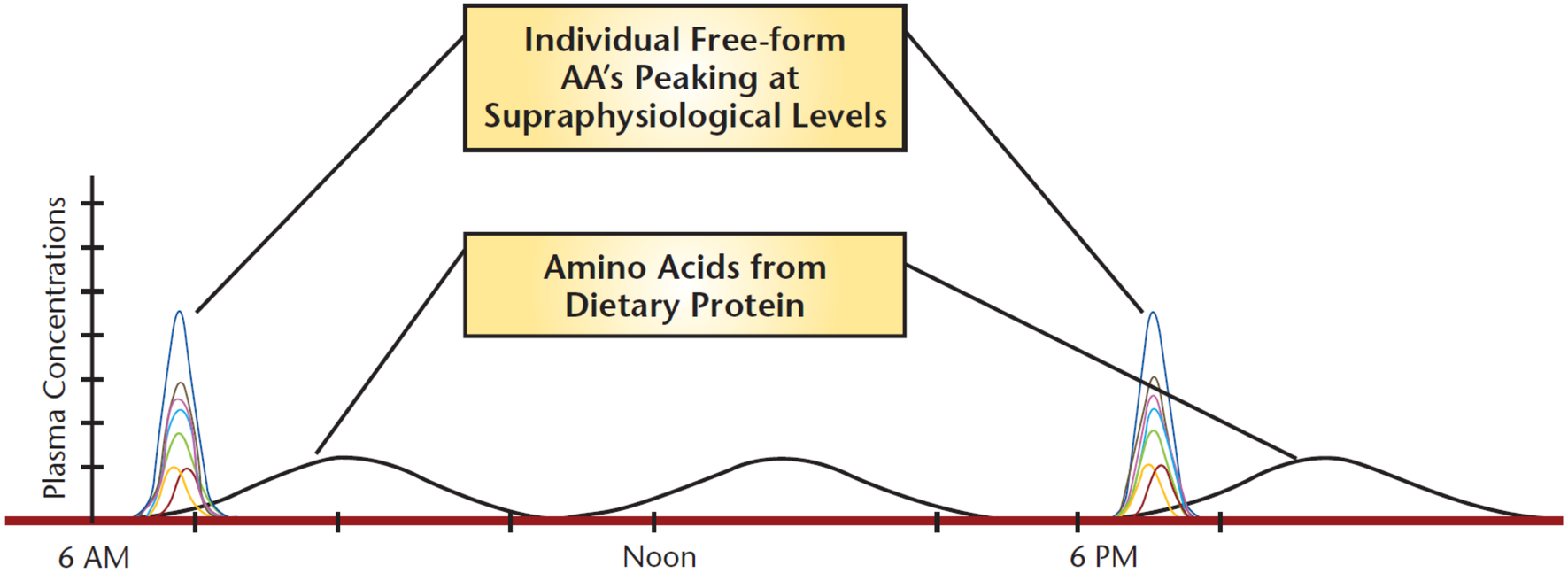


FIGURE 4.32 — Representation of Daily Plasma Amino Acid Levels

Schematic approximations are shown for plasma concentrations of essential amino acids from three meals of dietary protein compared with twice daily oral dosing with 5 grams of a free-form essential amino mixture. Although the supplement supplies only a fraction of total daily intake, the immediate delivery to absorptive mechanisms without need for protein digestion means that assimilation is rapid. Each amino acid (represented by colored lines) is delivered to the tissues at mild supraphysiologic concentration, allowing greater saturation of multiple biosynthetic and energetic processes.

Lord R.S & Bralley J.A. Laboratory Evaluations for Integrative and Functional Medicine

.2g x bodyweight in kg

EFA'S

LINOLEIC ACID

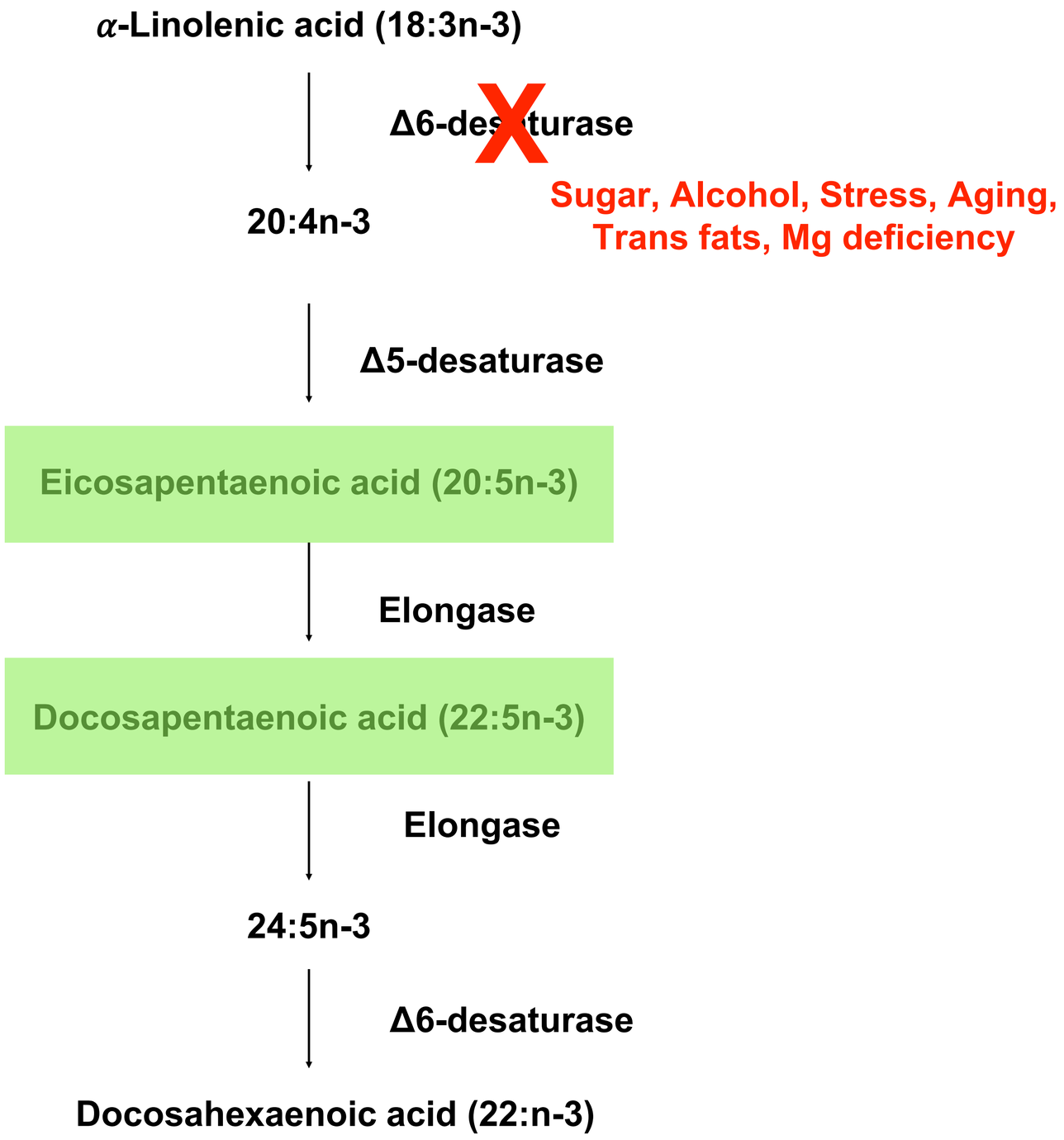
Corn Oil
Safflower Oil
Cotton seed Oil

ALPHA LINOLENIC ACID

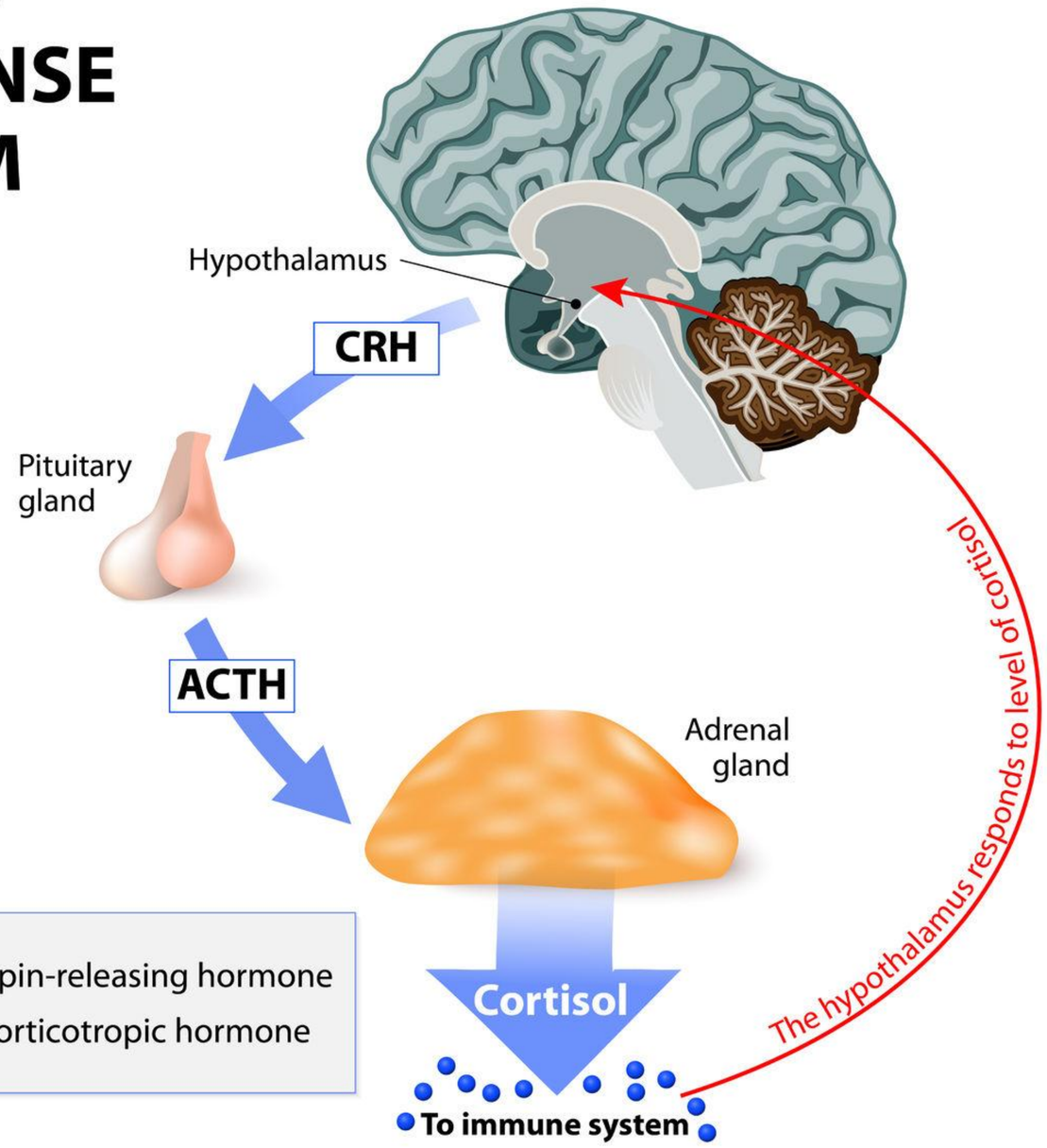
Flax

Chia Seeds

Walnuts


α-Linolenic acid (18:3n-3)
Δ6-desaturase
Sugar, Alcohol, Stress, Aging,
Trans fats, Mg deficiency
20:4n-3
Δ5-desaturase
Eicosapentaenoic acid (20:5n-3)
Elongase
Docosapentaenoic acid (22:5n-3)
Elongase
24:5n-3
Δ6-desaturase
Docosahexaenoic acid (22:n-3)

STRESS RESPONSE SYSTEM



CRH - Corticotropin-releasing hormone

ACTH - Adrenocorticotropic hormone

Fatty Acids: Omega-3 & 6

Test Name	Current	Reference Range	Previous
Docosahexaenoic acid (DHA)* (%)	3.11	2.42~10.52	
Eicosapentaenoic acid (EPA)* (%)	**0.08 L**	0.15~2.26	
Docosapentaenoic acid (DPA)* (%)	0.59	0.45~1.80	
Total Omega-3* (%)	4.07	3.25~13.99	
Arachidonic acid (AA)* (%)	**26.91 H**	5.50~19.01	
Linoleic acid (LA)* (%)	8.42	3.22~10.49	
Total Omega-6* (%)	**41.68 H**	11.03~34.96	
AA/EPA	**>127.0 H**	2.5~10.9	

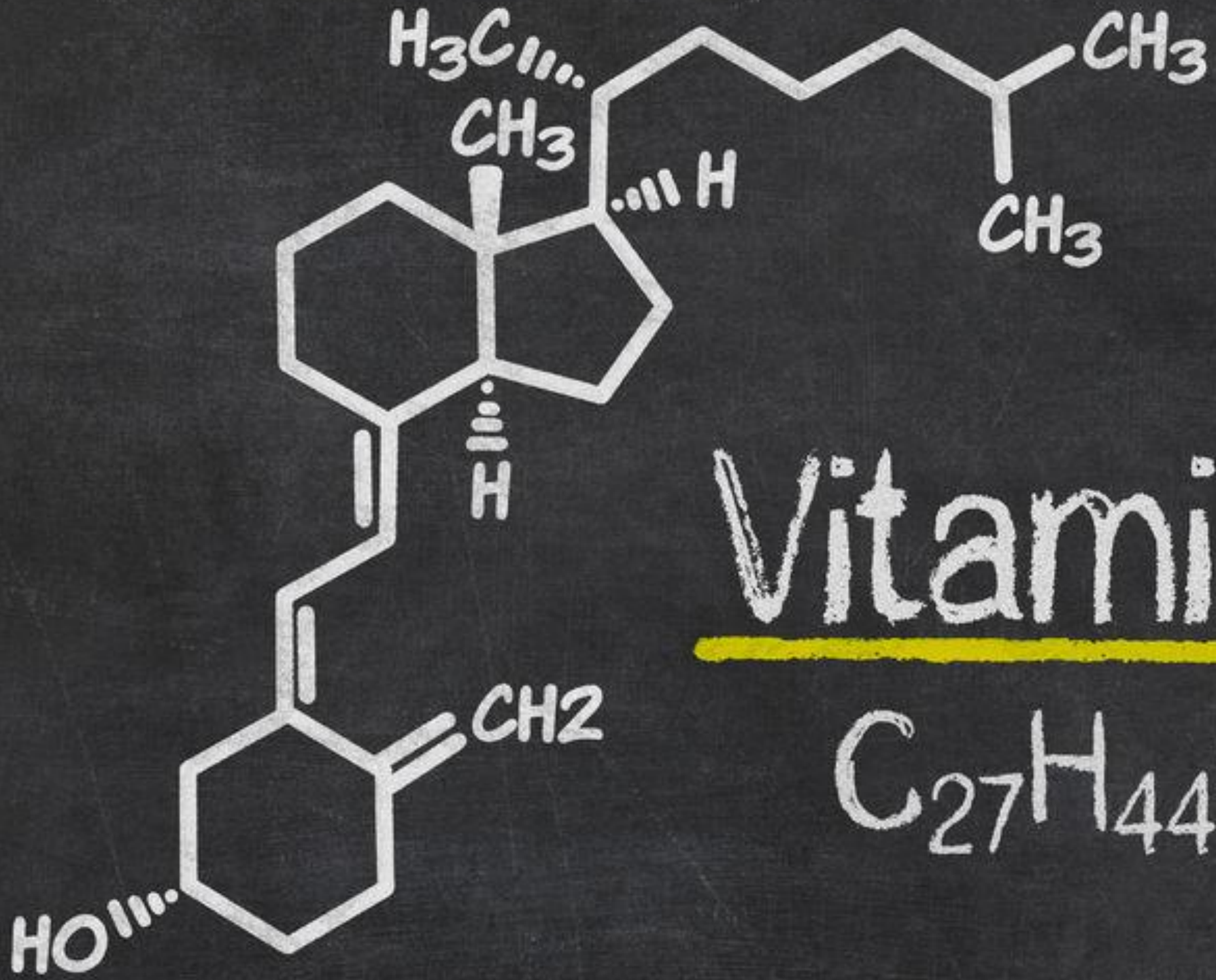
Index

Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
Omega-3 Index* (%)		3.18		8.00~12.65	2.66~7.99	≤2.65 ≥12.66	

Labnotes

Omega-3 Index :- Omega-3 Index is the sum of EPA % and DHA % as measured in red blood cells, and derived by validated calculations to yield the equivalent sum of EPA % and DHA % in red blood cell membranes.
Please note this value is a percentage, with the denominator being the sum of all Fatty Acids measured in the red blood cells and thus the index can vary based on fatty acid composition of the diet.

2000-3000mg per day

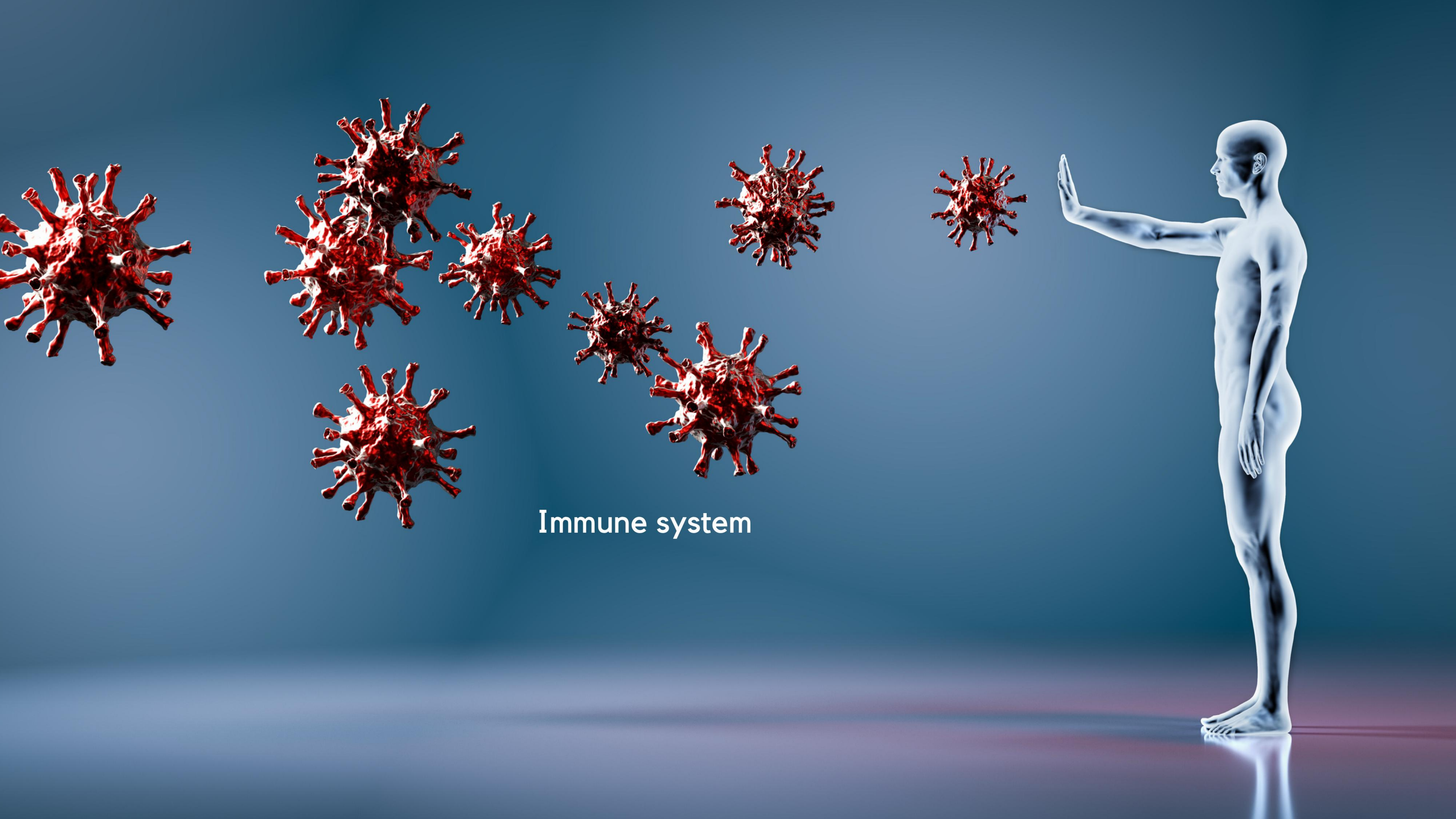


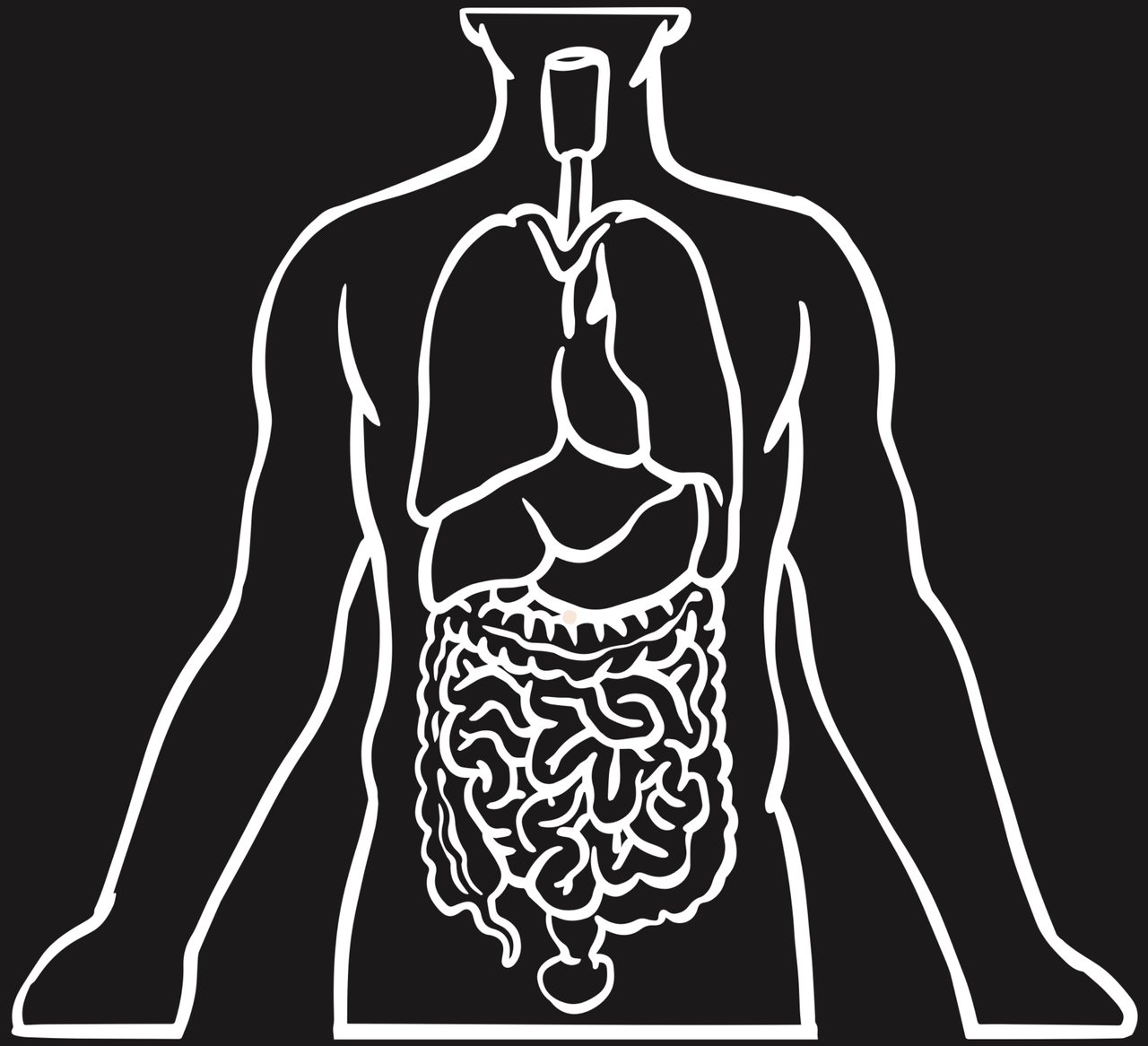
Vitamin D

$C_{27}H_{44}O_3$

SPF

SPF
50


Immune system



5,000 TO 10,000 IU PER DAY

12
Mg
Magnesium
24.3050

350

Stress
Meter
Panic
Attack!
Anxiety

First Name
Address
Number National Health System
Recipient Laboratory
ANALYSIS LABORATORY
NEFRO-UROLOGY
HEMATOLOGY
Anemia 4001
Adenopathy 4019
Anticoagulant Heparin 4005
Anticoagulant SINTRON 4004
Bleeding diathesis. 4017
Coagulopathy 4006
Erythrocytosis 4014
Ferropenic Anaemia 4002
Gammopathy 4015
Hemophilia 4009
Leukemia 4010
Leukocytosis 4008
Leucopenia 4012
Lymphocytosis 4011
Lymphoma 4013
Megaloblastic Anemia 4003
Myelodysplasia 4016
SINR. Thrombotic 4020
Splenomegaly 4007
Thrombocytopenia 4022
Thrombocytosis 4021
4018
DIGESTIVE
Appendicitis 5002
Biliary (Oncoph.) 5003
Biliary Cirrhosis 5004
Hepatic Cirrhosis 5005
Cholangitis 5006
Cholecystitis 5007
Choledocholithiasis 5008
Ulcerative Colitis 5009
Hepatic coma 5010
Coproporphyria 5011
Crohn 5012
Chronicdiarrhea 5013
Dysphagia 5014
dysmotility. Func. 5015
Diverticulitis 5016
Intes. Infl. Diverse 5017
Esophagitis 5018
Hepatic steatosis
GASTRIC (Oncology)
GASTRITIS
Hemochromatosis
Gastrointestinal Bleeding
Alcoholic Hepatitis
Acute hepatitis
Chronic Hepatitis
Toxic Hepatitis
Intestinal (On
Mucoviscido
Pancreas
Acute P
Chroni
Porp
Cu
TIOUS (Cont.)
eningitis 1028
1025
1026
Bacterial Meningitis 1027
T B Meningitis 1029
Viral Meningitis 1030
1031
1032
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9009
9010
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9019
9008
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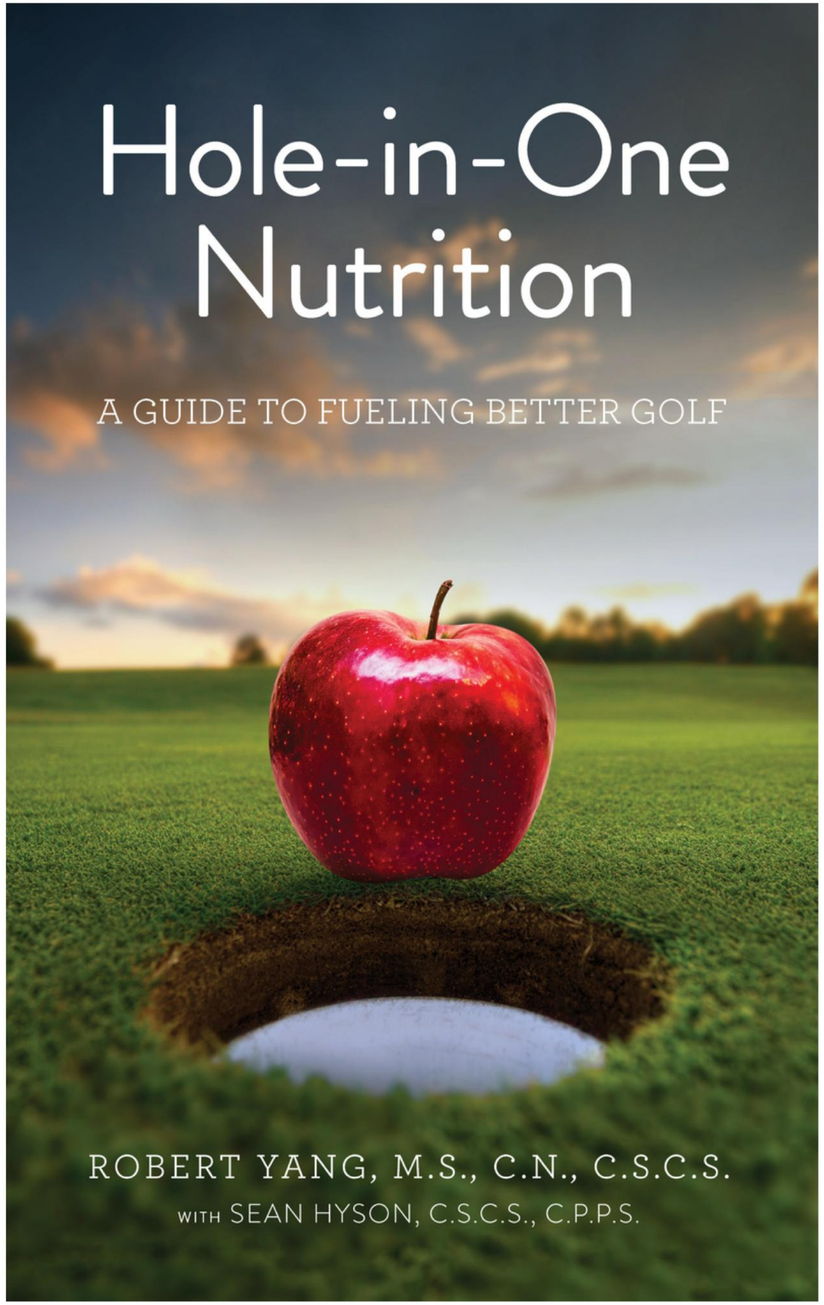
BCAA's
Vit D
Fish Oil
Probiotics
Mg
Magnesium

AVAILABLE ON AMAZON



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