



### For Best Results

Avoid High Fructose Corn Syrup and other hyper-sweeteners. Recent studies have shown that HFCS inhibits Calcium absorption and lowers your Vitamin D level.

Fat soluble substances (CoQ10 and Vitamins D, K2) should be taken with a moderate amount of fat content (12+g) for best absorption. That could be immediately after taking 1 Tablespoon of Olive Oil/Fish Oil, or 1-2hrs after a recent meal with some fat content. And don't forget your 16oz of water...yes you can mix it with juice or in a smoothie!

	<u>Fat</u>		<u>Fat</u>
8 oz Whole milk/Yogurt/Cheese	5g	2 Eggs	10g
¼ lb Hamburger patty	15g	1 Avocado	20g
1 Tbsp Fish Oil/Olive Oil	12-14g	1 oz Peanuts/Cashews	14-20g

#### Immunity Armor Recommended Daily Serving Sizes:

Men under 140lbs	½ - ¾ scoop	Women under 130lbs	½ - ¾ scoop
Men 140-170lbs	¾ - 1 scoop	Women 130-160lbs	¾ - 1 scoop
Men over 170lbs	1 level scoop	Women over 160lbs	1 level scoop

Start at the lower end and move to the upper in your category if you do not experience any discomfort.

These weight classifications do not account for height/BMI, so adjust accordingly to your personal situation. Higher BMI would warrant the larger portion for each range.