

# Usage Chart for Conklin Health Supplements

Product	Adult Health Maintenance	Adult Health Challenges	Children (ages 0 - 1)	Children (ages 2 - 4)	Children (ages 5 - 9)	Children (ages 10+)
<b>Essential Nutrition</b>						
Her Defense™	2 to 4 capsules daily with or without food	4 to 6 capsules daily with or without food	1/2 capsule daily with or without food	1 capsule daily with or without food	1 capsule daily with or without food	2 capsules daily with or without food
His Defense™	2 to 4 capsules daily with or without food	4 to 6 capsules daily with or without food	1/2 capsule daily with or without food	1 capsule daily with or without food	1 capsule daily with or without food	2 capsules daily with or without food
Probiotic Support™ (Next Generation)	1 to 2 capsules daily with food	4 to 6 capsules daily with food	1/2 capsule daily with food	1 capsule daily with food	1 capsule daily with food	2 capsules daily with food
Life Track Multi-Vitamin & Mineral Supplement	1 capsule 3 times daily with food	3 to 6 capsules daily with food	NA	1/2 capsule daily with food	1 capsule daily with food	2-3 capsules daily with food
VitaBuddies™	2 wafers daily with or without food	4 wafers daily with or without food	NA	1 wafer daily with or without food	2 wafers daily with or without food	3 wafers daily with or without food
<b>Targeted Nutrition</b>						
Bone Support™	3 to 6 capsules daily with food or meals	6 capsules daily with food or meals	NA	NA	NA	1 capsule daily with food or meals
Cellular Energy™ (capsules) (Next Generation)	6 capsules daily between meals	9 to 12 capsules daily between meals	1 capsule daily between meals	2 capsules daily between meals	3 capsules daily between meals	4 capsules daily between meals
Cellular Energy™ (powder) (Next Generation)	1 scoop daily between meals	3 scoops daily between meals	1/2 scoop daily between meals	1/2 scoop daily between meals	1/2 scoop daily between meals	1 scoop daily between meals
Joint Support™ (Next Generation)	4 capsules daily between meals	8-10 capsules daily between meals	NA	NA	NA	4 capsules daily between meals
Orchard Omegas™	2 to 4 capsules daily with or without food	4 to 6 capsules daily with or without food	1/2 capsule daily with or without food	1 capsule daily with or without food	2 capsules daily with or without food	2 capsules daily with or without food
Seasonal Support™	2 capsules 3 times daily with or without food (max of 14 days)	2 capsules 3 times daily with or without food (max of 14 days)	1/2 capsule daily with or without food (max of 14 days)	1 capsule daily with or without food (max of 14 days)	2 capsules daily with or without food (max of 14 days)	3 capsules daily with or without food (max of 14 days)
SlimLogic® Support	1 capsule 2 times daily between meals	2 capsules 2 times daily between meals	NA	NA	NA	1 capsule 2 times daily between meals
Vital HF™ (Next Generation)	1 capsule daily with or without food	4-5 capsules daily for first week, then 2 or 3 capsules daily next 90 days	1/2 capsule daily with or without food	1/2 capsule daily with or without food	1 capsule daily with or without food	1 capsule daily with or without food