Dr. Low Dog's: Nutrition Prescription



Supplements:

Multi-Vitamin: Basic, Gender

& Age Specific

Vitamin D3: 1,000-2,000 IU/day Omega 3s: EPA 400g-800mg

DHA 200g-500mg



Beverages:

Water: 4-8 servings (8 oz/serving) Tea & Coffee: 0-3 servings (< 300 mg Caffeine)

Alcohol: 0-2 servings



Dairy Organic

(0-2 servings)

Healthy Fats & Oils:



Olive Oil (Extra Virgin) Grape Seed (Cold Pressed)

Butter (Organic)



Meditation

Community

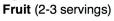














Vegetables (4-6 servings)