FIRST MONTH ONLY - - - EACH WEEK IS THE SAME FOR FOUR WEEKS - - - FIRST MONTH ONLY - - -

MONTH 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega
	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega
	OrthoDHA	OrthoDHA	OrthoDHA	OrthoDHA	OrthoDHA	OrthoDHA	OrthoDHA
	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt
	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt
	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore
	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore
	Membrin	Membrin	Membrin	Membrin	Membrin	Membrin	Membrin
	Turiva	Turiva	Turiva	Turiva	Turiva	Turiva	Turiva
	CBD 50mg	CBD 50mg	CBD 50mg	CBD 50mg	CBD 50mg	CBD 50mg	CBD 50mg
Noon	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega
	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega
	OrthoDHA	OrthoDHA	OrthoDHA	OrthoDHA	OrthoDHA	OrthoDHA	OrthoDHA
	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt
	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt
	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore
	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore
Night	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega
	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega
	OrthoDHA	OrthoDHA	OrthoDHA	OrthoDHA	OrthoDHA	OrthoDHA	OrthoDHA
	Botanicalm	Botanicalm	Botanicalm	Botanicalm	Botanicalm	Botanicalm	Botanicalm
	Botanicalm	Botanicalm	Botanicalm	Botanicalm	Botanicalm	Botanicalm	Botanicalm
	Turiva	Turiva	Turiva	Turiva	Turiva	Turiva	Turiva
	Vitamin D3	Vitamin D3	Vitamin D3	Vitamin D3	Vitamin D3	Vitamin D3	Vitamin D3
	CBD 50mg	CBD 50mg	CBD 50mg	CBD 50mg	CBD 50mg	CBD 50mg	CBD 50mg

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ONGOING	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega
	OrthoDHA	OrthoDHA	OrthoDHA	OrthoDHA	OrthoDHA	OrthoDHA	OrthoDHA
	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt
	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt
	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore
	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore
	Turiva	Turiva	Turiva	Turiva	Turiva	Turiva	Turiva
	CBD 50mg	CBD 50mg	CBD 50mg	CBD 50mg	CBD 50mg	CBD 50mg	CBD 50mg
Noon (If Needed)	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt
	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt	Nuadpt
	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore
	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore	MitoCore
Night	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega	OrthoMega
	OrthoDHA	OrthoDHA	OrthoDHA	OrthoDHA	OrthoDHA	OrthoDHA	OrthoDHA
	Botanicalm	Botanicalm	Botanicalm	Botanicalm	Botanicalm	Botanicalm	Botanicalm
	Botanicalm	Botanicalm	Botanicalm	Botanicalm	Botanicalm	Botanicalm	Botanicalm
	Turiva	Turiva	Turiva	Turiva	Turiva	Turiva	Turiva
	Vitamin D3	Vitamin D3	Vitamin D3	Vitamin D3	Vitamin D3	Vitamin D3	Vitamin D3
	Membrin	Membrin	Membrin	Membrin	Membrin	Membrin	Membrin
	CBD 50mg	CBD 50mg	CBD 50mg	CBD 50mg	CBD 50mg	CBD 50mg	CBD 50mg