



CONCEPTS
FOR HEALTH

Ordering Nutritional Supplements

Your nutritional (supplement) needs will definitely change over the course of your care and depend on how well you follow our recommendations. Diet and lifestyle play a large part of your nutritional needs. The better you follow **all** of our recommendations, the fewer supplements you will need and the faster you will see results.

It is critical that you do not run out of your supplements during your care. This is because we are supporting your body including your methylation cycle which affects amino acids, proteins, enzymes and DNA in every cell and tissue in your body. **Stopping or forgetting a supplement (while continuing others) can cause a multitude of problems**, including many uncomfortable symptoms. **Do not take any supplements if you run out of something. Contact us immediately so we can get you what you need.**

Taking your entire protocol daily keeps you on track and moving towards your health goals. You need to contact us **before** you are going to run out. Usually **one week** before is a good time frame.

Most of the supplements we recommend must be prescribed by health care practitioners. Therefore, all products must be ordered from Concepts For Health to maintain consistency and avoid legal ramifications.

You can place your orders by calling our office (559-475-8611), emailing orders@conceptsforhealth.com or accessing our patient portal at nutrapatient.com. See the Nutralysis Patient Portal sheet on the next page for instructions. If you order \$300.00 or more in product, we will waive the shipping fee on that order. Orders \$500.00 or more in product will receive a 10% discount on that order. Payment must be received by our office **before** your order is shipped. We accept cash, check, money order or credit card (Visa, Discover, MasterCard and American Express).