



## **“The Complete Approach”**

### **WHAT IS THE COMPLETE APPROACH?**

The goal of "The Complete Approach" is to support the body's systems so they can prevent and cope with degenerative disease, other health issues, and lead our bodies back to a place of optimum health. Many health challenges are simply indicators that the inner terrain of our body has become compromised and needs to be brought back to a normal healthy balance. A key question each person should be asking is, "Why do I have this health condition now and what can I do about it or protect against it?"

### **THE FOCUS IS ON TARGETING KEY SYSTEMS OF THE BODY**

The supplements that make up this approach are each designed to address certain areas that may be deficient, or improve suboptimal conditions that may have led to your specific health challenge. Focusing on the basic conditions and improving the body's natural support systems allows for the reversing of conditions and supports how the body heals and protects itself.

### **SHORT & LONG TERM GOALS**

The mission at AMARC Enterprises is to support your overall health goals in the best ways that we can by providing high-quality products and informed recommendations. Our suggestion is for you to remain on this protocol for 60 to 180 days, or until your practitioner/tests indicate that you have achieved your desired objectives. Dosaging for the various supplements can be reassessed and further discussed with our consultants as your situation changes. Optimally we want to help you reach and maintain a healthy body with a real health plan.

### **A NOTE ABOUT THE SUGGESTED POLY-MVA DOSAGE**

The recommended dosage of Poly-MVA is based on body weight (calculated based on 1 tsp for every 15 lbs of body weight). We recommend you take this amount in an equally divided dosage - 4 times daily if possible. This is recommended to help keep the body exposed to the tremendous supportive effects of Poly-MVA over a 24-hour period. This constant saturation provides maximum cellular protection and support, and has resulted in superior results for many dealing with difficult health concerns - even those in late stages.

**AMARC recommends that you call to discuss your specific situation with one of our consultants to determine a dosage regimen that is most effective for you. We can be reached at 866-765-9682, Monday-Friday from 8:30am-5:00 PST.**

For those who are searching for an optimum method to support their body regularly and especially during various medical treatments, The Complete Approach is a great example of how a synergistic and targeted supplement regime can immensely improve the body's state of health and well-being. Learn more about each of these products by visiting [www.polymva.com](http://www.polymva.com).



Promotes cellular protection and energy production.



Supports the energy production that Poly-MVA is directing to the cells.



Improves & supports immune system and many other key cellular functions.



Detoxifies and supports the liver and body.



Supports proper metabolism, pH and supplies key minerals for the body's systems.

# Dosage Charts with the Complete Approach

The following approach is recommended for a minimum of 3-6 months. If the protocol is working, we suggest that it continues to be followed until you receive a satisfactory outcome. We have found that it is very important to continue on a maintenance program as noted below. Please call one of AMARC's consultants at 866-765-9682 for further information or before lowering your dosage; there is no fee for this service.

**Note:** Dosages are different for children and pets.

- **8, 12, or 16 Teaspoons of Poly-MVA and The Complete Approach: For Maximum Support**

Product	Recommended use	Bottles Needed	Time for Dose
Poly-MVA	8-12-16 Teaspoons daily (Check with Dr. or Consultant for dosage recommendation)	5-8-10	Divided with each meal & snack at bedtime with CoQ10
CoQ10	45-60 Drops daily	2	Divided with each meal & snack at bedtime with Poly
Coral Calcium	3 daily	1	Divided with meals
Liver	9 Capsules daily	3	Divided with meals
Vitamin D3	2 Capsules (5,000 IU each) daily	1	Divided with meals

- **4 Teaspoons of Poly-MVA and The Complete Approach: For Moderate Support**

Product	Recommended use	Bottles Needed	Time for Dose
Poly-MVA	4 Teaspoons daily	2.5	Divided with each meal & snack at bedtime with CoQ10
CoQ10	30 Drops daily	1	Divided with each meal & snack at bedtime with Poly
Coral Calcium	3 daily	1	Divided with meals
Liver	6 Capsules daily	2	Divided with meals
Vitamin D3	1-2 Capsules (5,000 IU each) daily	1	Divided with meals

- **1-2 Teaspoons of Poly-MVA and The Complete Approach: For Maintenance Support**

<b>Product</b>	<b>Recommended use</b>	<b>Bottles Needed</b>	<b>Time for Dose</b>
Poly-MVA	1-2 Teaspoons daily	3/4-1 1/3	With meals & with CoQ10
CoQ10	10-15 Drops daily	1/3-1/2	Divided with meals
Coral Calcium	1-3 Capsules daily	1	Divided with meals
Liver	1-3 Capsules daily	1	Divided with meals
Vitamin D3	1-2 Capsules (5,000 IU each) daily	1	Divided with meals

- **1/2-1 Teaspoon of Poly-MVA and The Complete Approach: For Daily Nutrition & Support**

<b>Product</b>	<b>Recommended use</b>	<b>Bottles Needed</b>	<b>Time for Dose</b>
Poly-MVA	½-1 Teaspoons daily	1	With meals & with CoQ10
CoQ10	10-15 Drops daily	1/3-1/2	Divided with meals
Coral Calcium	1-3 Capsules Daily	1	Divided with meals
Liver	1-3 Capsules daily	1	Divided with meals
Vitamin D3	1-2 Capsules (5,000 IU each) daily	1	Divided with meals

**Dosages are different for children and animals - please call us for additional information**

Our consultants are available Monday-Friday, 8:30-5:00 PST to answer any questions about the Complete Approach and how it can work for you and your particular condition or health goals.

**866-POLY-MVA (866-765-9682)**

**WWW.POLYMVA.COM**

