



## Graham's Special Immunity Tonic & Supplements

100-200 ml filtered water

50 ml of colloidal silver-water

1 heaped teaspoon of Vital Greens all in one

1 teaspoon of UM resurrect (L-glutamine ,Hmb ,BCAA'S)

1 teaspoon of ALC Acetyl L-Carnitine

1 teaspoon of Taurine

Vit –D 5,000-7,000 IU (1 capsule)

Vit K2 4000IU (2 caps )

Vit –C 1500 mg (3tabs x 500 mg)

Zinc -100mg (1 tab)

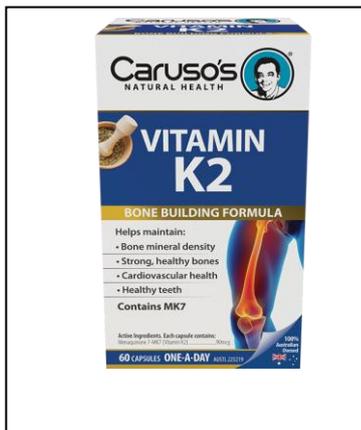
\* note you can get powered Vit C if that is preferable

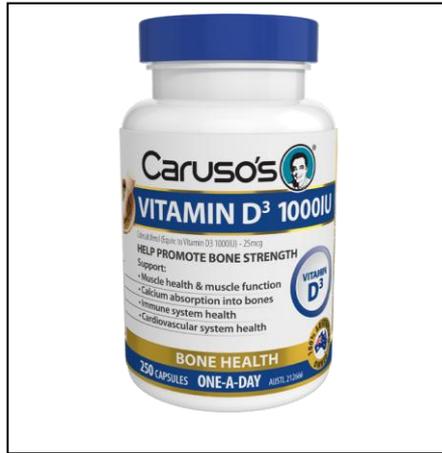
\*Vitamin D & K2 is better taken separate so that you can build up the dosage

Mix with spoon or shaker and drink down :

Take AM upon rising (except Vit D 7,000 IU once a day is enough)

Take PM before BED





Above products available at Healys Health Shop:  
or your local Health Food Shop or Chemist .

Urban Muscle Products Go to :

<https://www.healyshealth.com/supplement-shop-front>

More info On Vital Greens

<https://www.healyshealth.com/vital-greens>

Colloidal Silverwater:

<https://www.healyshealth.com/antioxidants-and-free-radicals>

Taurine & ALC ,UM Resurrect (Technical Information)

<https://www.healyshealth.com/c1supplement-analysis>

**IMMUNITY SPECIAL BOOSTERS PAGE ON HEALY'S HEALTH**

<https://www.healyshealth.com/immunity-bosters>



*Graham Healy*  
*Founder Healys Health 1985*

# *Your Health is Your Greatest Asset*

[www.healyshealth.com](http://www.healyshealth.com)  
[www.healyslowerbackpain.com](http://www.healyslowerbackpain.com)

**Disclaimer:**

This is my personal supplements programme used only as an example  
to give you an overview .

**This IS NOT NUTRITIONAL ADVICE.**

Before any program we always suggest full blood test analysis from your Medical GP (get copies for yourself) make sure Testosterone levels are checked (for men) and Estrogens levels (for women) .  
Plus we need a full medical profile and approval from your Medical GP that it is ok to start a fitness and natural supplement programme with Healy's (as you would with any Gym or health centre).

We have a duty of care to ensure you get all the relevant information to make informed decisions about your health and wellness future directions and planning.

If you are on any prescribed medications you must at all times cross reference with your medical GP for any adjustments to those medications (for example Blood Pressure medications ) and follow safe guideline practices as outlined by your medical Doctor and registered health professionals .