

**PRODUCT CONVERSION CHART**

<b>If you are using DFH:</b>		<b>Switch to Thorne :</b>	
AllerGzyme	1 before meals	Plantizymes	1-2 caps w/each meal
OsteoForce	4 per day	Oscap Plus	3 caps twice a day
L-Glutamine Pwdr	1 tsp	L-Glutamine Pwdr	1 scoop
L-Glutamine Caps		L-Glutamine Caps	
PaleoCleanse	2 scoops	MediClear Plus	2 scoops
Betaine HCL	1 before meals	B.P.P.	1-2 caps with each meal
Metabolic Synergy	6 with meals	Extra Nutrients	3-6 per day
B Supreme	1 -3 a day	Basic B	1-3 a day
PaleoFiber	1 heaping tbsps	Medibulk	1 scoop
5-HTP Supreme	1 per day	5-Hydroxytryptophan	1 per day
Adrenal Complex	2 with meals	Cortex	1 cap 2 times a day
Homocysteine Supreme	2 with meals	MethylGuard	2-3 caps twice a day
Q-Avail 60 mg	1 with meals	Q10 Plus	1 per day
Ultimate Antioxidant Full Spectrum	1 cap 2X day	PolyResveratrol-SR	2 caps a day
Vitamin D Synergy	1 per day	Vitamin D-5000	1 per day
Vitamin D Supreme	1 per day	Vitamin D-5000	1 per day
Ultra B12 Folate	1 per day	B Complex #12	1 per day
Prostate Supreme	2 per day	Basic Pygeum Herbal	1 cap 2 times a day
Adrenotone Plus	1 cap 3 times a day	Phytosone	2 caps 2 times a day
Complete Multi	6 per day	Basic Nutrients 3	3-6 per day
Q-Avail 100 mg	1 or more	CoQ10 SOftgels	1 per day
Carnitine Synergy	1-4 daily	L-Carnitine	1-4 daily
GI Revive	2 tsp 1-2 day	PermaClear	3 capsules twice a day
Arginine	1 or more per day	Perfusia SR	2 a day
Detox Antiox	2 per day	PolyResveratrol SR	2 a day
Electrolyte Synergy		PureLyte for Adults	
Brain Vitale	2 caps	Memoractiv	2 caps 1-2X day
Complete Mineral Comple	3 with food	Citrimins	3 per day
DIM Avail	1	Indole-3-Carbinol	1 1-2 X day
FemGuard + Balance	4 per day	Meta Balance	2 caps 2 X day
DFH Inflammation	2	Phytoprofen	2 caps 2-3 X day

DFH Lipotrienols RYR	2	Choleast	2 caps 2 X day
Zinc Supreme	1	Double Strength Zinc	1
CatecholaCalm	3 caps 1-2 X day	Deproloft	2 caps 2 X day
Chromium Synergy	1 cap 1-3 X day	UltraChrome 500	1 cap 1-2 X day
Melatonin 3mg	1	Melaton-3	1
Phosphatidyl Serine Caps	1 or more per day	Iso-Phos	1 cap 2-3 X day
Resveratrol Synergy	1	PolyResveratrol-SR	2
Stress Arrest	1	PharmaGABA 250	1 cap 2-3 X day
OmegAvail Synergy	2	Omega Plus	1 1-3 X day
Amino Acid Synergy	4 between meals	Metaplex	1 cap 3 X day
ArthroSoothe	4	AR-Encap	4
DHEA 5mg	1	Dehydrone-5	1
Digestzymes	1 w/each meal	Bio-Gest	1 w/each meal
Magnesium Malate Chelate	2	Magnesium Citramate	1 or more per day
OmegAvail Ultra TG	2	Omega Plus	1 1-3 X day
Probiotic Synergy Spheres	1	Bacillus Coagulans	1 1-3 X day
Vitamin D Ultra	1	D-10,000	1
FlorMyces	1 twice a day	Sacro-B	1- 2 caps per day
GLA	1-3 day	Black Currant Oil	1 1-3 X day
GlucoSupreme	4	Diabenil	2 caps 3 X day