

# LPI R<sub>x</sub> for HEALTH



## WATER

WOMEN: ~ 9 CUPS  
MEN: ~ 13 CUPS



## UNSWEETENED COFFEE OR TEA

(OPTIONAL)



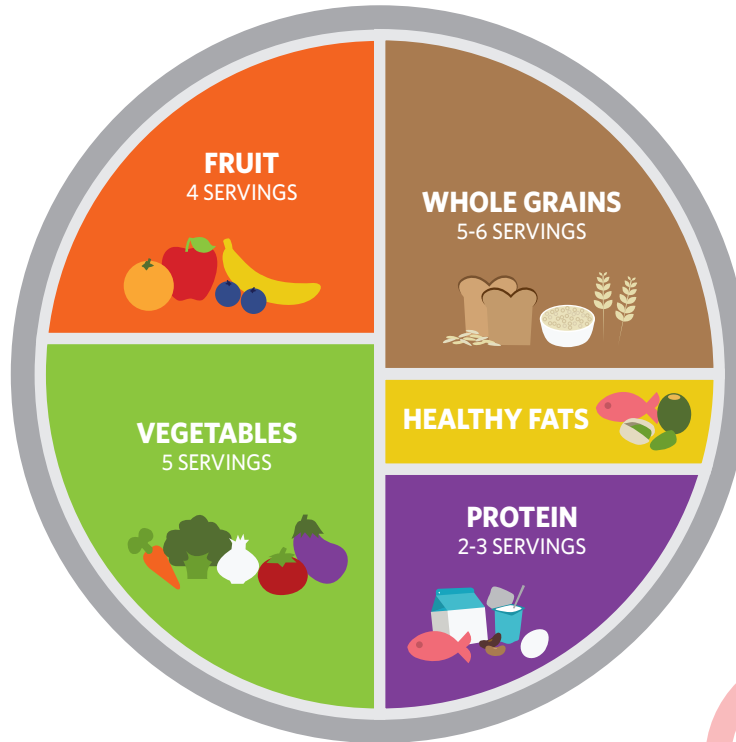
## ALCOHOL

WOMEN: 0-1 DRINK  
MEN: 0-2 DRINKS  
(OPTIONAL)



## SUPPLEMENT OPTIONS

MULTIVITAMIN/MINERAL  
VITAMIN B<sub>12</sub> • VITAMIN C  
VITAMIN D • CALCIUM  
MAGNESIUM • FISH OIL  
LIPOIC ACID • L-CARNITINE



Healthy Body Weight and Daily Physical Activity