

HINNAO PRODUCT GANTT CHART

Key:		Glutathione	NAD+	Resveratrol	Vitamin D3 + K2	B12	Turmeric Curcumin
	<ul style="list-style-type: none"> Primary Supplement Secondary Supplement Recommended to have Blood Levels Tested, if deficient Could be beneficial 						
Aesthetic - Longevity - Lifestyle	Hyperpigmentation						
	Lifestyle Recovery & Detox						
	Acne						
	Hair Regeneration						
	Cellular Regeneration/Longevity <i>(see protocol advice below)</i>						
	Sports Performance						
	Weight Loss						
	Energy Support						
	Sleep (Circadian Rhythm)						
Health Conditions	Heart Health						
	Inflammation Immune Support						
	Premenstrual Syndrome (PMS)						
	Joint Mobility/joint conditions						
	Chronic Fatigue						
	Nootropics / Cognitive Health						
	High Blood Pressure						
	High Cholesterol						
	Nervous System Support						
	Bone and Teeth Health						
	Anxiety						
	Eye Health						
	Liver Health						
Menopause							

Cellular Regeneration/longevity Protocol advice - Glutathione to load initially for detox process, then introduce them to NAD+ & Glutathione and monitor progress over the next 2-3 months

Turmeric Protocol Advice - Turmeric is recommended for short term use - to be used for pain and inflammation management when needed (Caution - can cause liver issues if used excessively). If taking HINNAO Turmeric ongoing for extra support with hair growth and eye health, take it in moderation up to three times a week. Not to be taken if iron deficient