

# Children's Reset Supplement Guide

Discover the supplements and dosages that have been aiding parents and their children worldwide. This guide details the specific supplements that parents have been giving their children as well as the dosages they have used.

 **by Human Garage**

# Supplement Dosages for 0 to 3 Years Old

Supplement	Dosage (per day)	Notes/Additional Info
Food Grade Diatomaceous Earth	1 - 2 capsules or 1-2 tsps	<b>Fascial Foundation</b> by Human Garage or food grade Diatomaceous Earth
Irish Sea Moss	1 - 2 capsules or 1-2 tsps	<b>Fascial Flow</b> by Human Garage or <b>Freeze Dried Powder</b> or Gel.
PowerCurc30	1 capsule	<b>PowerCurc30</b> is a patented and potent anti-inflammatory by Human Garage
P30M's	½ Capsule	You can order these at <b>BiOptimizers</b> and use the code: <b>humangarage for a discount</b>
MassZymes	½ to 1 Capsule	You can order these at <b>BiOptimizers</b> and use the code: <b>humangarage for a discount</b>
Boron	50 mg	If you want to read more about Boron you can do so <b>here</b> .
Bath Mixture	1/4 Cup of Diatomaceous Earth 1/4 Cup of Borax 1/4 Cup of Epsom Salts	

# Supplement Dosages: 3 to 13 Years Old

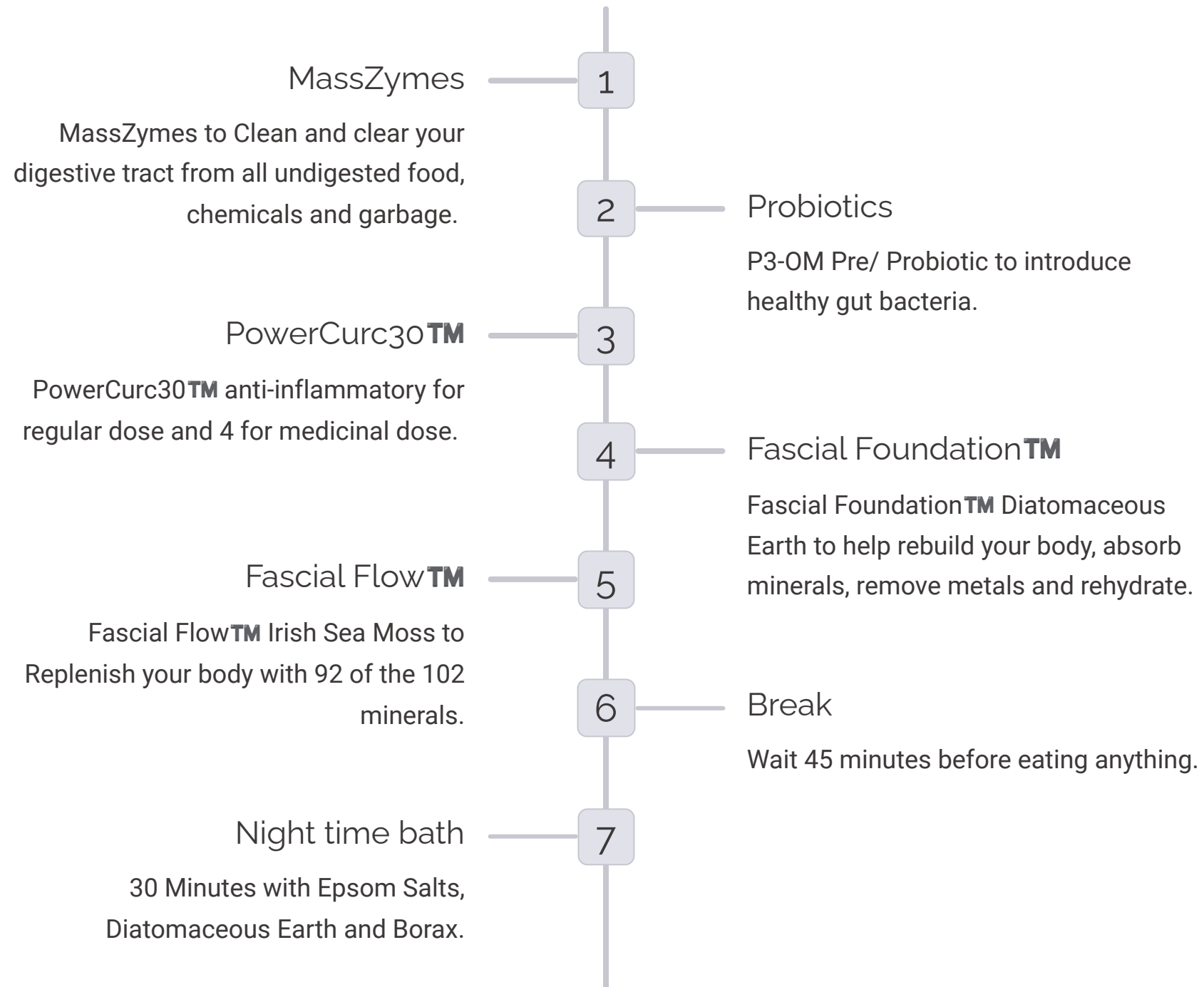
Supplement	Dosage (per day)	Notes/Additional Info
Food Grade Diatomaceous Earth	1 - 2 capsules or 1-2 tsps	<b>Fascial Foundation</b> by Human Garage or food grade Diatomaceous Earth
Irish Sea Moss	1 - 2 capsules or 1-2 tsps	<b>Fascial Flow</b> by Human Garage or Freeze Dried Powder or Gel.
PowerCurc30	1 capsule	<b>PowerCurc30</b> is a patented and potent anti-inflammatory by Human Garage
P30M's	½ capsule	You can order these at <b>BiOptimizers</b> and use the code: <b>humangarage for a discount</b>
MassZymes	1 capsule	You can order these at <b>BiOptimizers</b> and use the code: <b>humangarage for a discount</b>
Boron	50 mg	If you want to read more about Boron you can do so <a href="#">here</a> .
Bath Mixture	1/4 Cup of Diatomaceous Earth 1/4 Cup of Borax 1/4 Cup of Epsom Salts	

# Supplement Dosages: 13 to Adult

Supplement	Dosage (per day)	Notes/Additional Info
Food Grade Diatomaceous Earth	1 - 2 capsules or 1-2 tsps	<b>Fascial Foundation</b> by Human Garage or food grade Diatomaceous Earth
Irish Sea Moss	1 - 2 capsules or 1-2 tsps	<b>Fascial Flow</b> by Human Garage or Freeze Dried Powder or Gel.
PowerCurc30	2-4 capsules	<b>PowerCurc30</b> is a patented and potent anti-inflammatory by Human Garage
P30M's	1-2 capsules	You can order these at <b>BiOptimizers</b> and use the code: <b>humangarage for a discount</b>
MassZymes	2 capsules	You can order these at <b>BiOptimizers</b> and use the code: <b>humangarage for a discount</b>
Boron	100 mg	If you want to read more about Boron you can do so <b>here</b> .
Bath Mixture	1/4 Cup of Diatomaceous Earth 1/4 Cup of Borax 1/4 Cup of Epsom Salts	

# Supplement Schedule

Here's the supplement schedule parents have been using with their children in the following order first thing in the morning.



# 28 Day Supplement Bundle

## Human Garage

The supplements in this bundle were put together by human garage to support you in your 28 Day Life Reset. In here, you will receive your Silica, Minerals and high performing patented Curcumin at a discounted rate to support you in your reset.

- 2x PowerCurc30
- 2x Fascial Flow
- 2x Fascial Foundation

Order



## BiOptimizers

The two supplements recommended here are the MassZymes and P3-OM's for resetting and rebuilding your digestive system. For the reset you will need:

3 x 250 capsule bottles of MassZymes

Order

1 x 60 capsule bottle of P3-OMs

Order

Use Code: humangarage for discount



# Pro Tips for Children

We've heard a lot of children have trouble swallowing capsules. Here are some of the ways that parents are helping their kids consume them:

- Smoothies
- Drinks
- Apple Sauce
- Healthy Puddings
- Coconut Yogurt

At the end of the day, you know your child best! Get creative and share your learnings with the community so we can learn from each other.

# Do you want a more detailed guide?

We've created a full on supplement guide for you to learn about each of these products and why we specifically chose them.

If you want to learn more about it you can download it [here](#).



# You know your child!

At the end of the day, you know your child better than anyone. The information listed in this guide is a collection of resources that parents have used to help their children and have reported unbelievable results. Please do your own research, experiment and find what works for you and your kids. And, when you see results, please share your progress, wins and pro tips along the way to help other parents and their children.