

Daily Recommended Intake for an Average 30 Year Old Woman

(30 year old woman average weight and height 5'6", 130 lbs)

DAILY
RECOMMENDED
INTAKE

Protein – 47 g (.8g/kg)

Fiber – 25 g







Daily Recommended Vitamin Intake

(for an Average 30 Year Old Woman)

Vitamins		Minerals
Vitamin A – 700mcg	Niacin – 14 mg	Calcium – 1000mg
Vitamin C – 75mg	B6 – 1.3 mg	Iron – 18 mg
Vitamin D – 15mcg	Folate – 400 mcg	Phosphorous – 700 mg
Vitamin E – 15mg	B12 – 2.4 mcg	Potassium – 4.7 g
Vitamin K – 90mcg	Pantothenic acid – 5 mg	Sodium – 1500 mg
Thiamin – 1.1 mg	Biotin – 30 mcg	Magnesium – 310 mg
Riboflavin – 1.1 mg	Choline – 425 mg	
		EFA
		Linoleic – 12 g
		Alpha linolenic - 1.1 g

What's in a D3FY Vitamin?

The D3FY Difference

- Multivitamin

1 TO 3 TABLETS
- Vitamin D

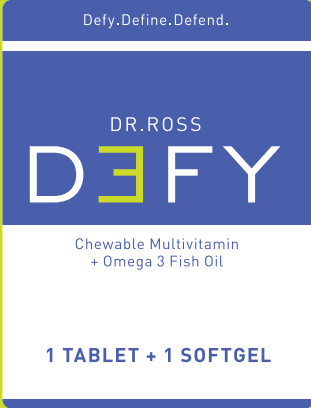
2 TABLETS
2,000 IUs
- Vitamin B12

2 TO 3 TABLETS
24 MCG
- Vitamin B6

12 TABLETS
24 MG
- Folic Acid

2 TABLETS
800 MCG
- Omega 3

1 TO 2 SOFTGELS
500 MG



Less is more. Just 1 convenience pack of Dr. Ross D3FY Multivitamin + Omega 3 equals up to 24 other vitamins.

www.D3FYvitamins.com

Daily Recommended Meal Intake

(for an Average 30 Year Old Woman)

Breakfast 543 calories	Lunch 598 calories	Dinner 745 calories	Snacks 307 calories
<div><input type="checkbox"/> 1 cup Blueberries, raw</div> <div><input type="checkbox"/> 1 tablespoon Chia seeds</div> <div><input type="checkbox"/> 1 large egg(s) Egg, boiled</div> <div><input type="checkbox"/> 1 ounce (14 halves) Walnuts</div> <div><input type="checkbox"/> 1 container (8 oz) Yogurt, plain, fat free</div>	<div><input type="checkbox"/> 1/2 cup, cubes Avocado, raw</div> <div><input type="checkbox"/> 1/2 cup Black beans, canned (no fat added)</div> <div><input type="checkbox"/> 1 cup, slices Carrot, raw</div> <div><input type="checkbox"/> 2 tablespoon Hummus</div> <div><input type="checkbox"/> 1 teaspoon Oil, olive</div> <div><input type="checkbox"/> 1 cup Quinoa, cooked</div> <div><input type="checkbox"/> 2 cup Spinach, raw</div>	<div><input type="checkbox"/> 1 cup, chopped Broccoli, raw</div> <div><input type="checkbox"/> 1 cup, chopped Kale, raw</div> <div><input type="checkbox"/> 1/2 cup Lentils, cooked (with salt, no fat added)</div> <div><input type="checkbox"/> 1 teaspoon Oil, sunflower</div> <div><input type="checkbox"/> 1 cup Rice, brown, instant, cooked (no salt or fat added)</div> <div><input type="checkbox"/> 1 Tortilla, whole wheat</div> <div><input type="checkbox"/> 1 medium steak (5/8" thick) Salmon, baked or broiled, without fat</div>	<div><input type="checkbox"/> 1 mango, raw</div> <div><input type="checkbox"/> 1 cup Skim milk</div> <div><input type="checkbox"/> 2 medium (2-3/8" across) Tangerine, raw</div>
			