

## The Makers Diet Research on where the things needed can be found

Address for GOF products online is <http://www.themakersdiet.biz/>

The Maker's Diet **Success Kit** GOF Online **\$139.99** Includes:

Maker's Diet Audio/Video Experience  
Makers Diet Audio Experience (CD)  
Makers Experience Video  
Dining Out Guide  
Shopping for Optimal Health Video and Resource Guide  
Functional Fitness Video  
The Maker's Diet Success Journal  
Living Multi Optimal Formula 126 cap  
Olde World Icelandic Cod Liver Oil 8oz

Orders over \$50.00 (but less than \$100.00) automatically receive a 5% discount

Orders over \$100.00 (but less than \$300) automatically receive a 7% discount

All Orders over \$300.00 automatically receive a 10% discount

### Clenzology

GOF Online - **\$34.97**, Smartbomb.com **\$31.99**,

*Chrons.net Price: \$30.00*

[www.TheLivingSpring.com](http://www.TheLivingSpring.com) **\$29.97**

<http://www.vitacost.com> price: **\$28.97**

### Aromatherapy

GOF Online – Each **\$13.97**, Smartbomb.com **\$12.79**, *Chrons.net Price each \$12.00*

[www.TheLivingSpring.com](http://www.TheLivingSpring.com) **\$11.97**

<http://www.vitacost.com> price: **\$11.57**

### Alpha AM Cleanse™ & Omega PM Cleanse™

30 capsules per container - GOF Online – Each **\$17.97**

Cannot find it on smartbomb.com

*www.Chrons.net Price each \$15.00*

[www.TheLivingSpring.com](http://www.TheLivingSpring.com) each **\$14.97**

<http://www.vitacost.com> price: **\$14.49**

### Cod Liver Oil

Smartbomb.com 8oz **\$10.85**

GOF Online – 8oz **\$11.87**, 16oz **\$20.97**

[www.TheLivingSpring.com](http://www.TheLivingSpring.com) **\$10.17**

<http://www.vitacost.com> price: **\$9.83**

### Perfects Food

150 Caplets GOF Online **\$31.47**, [www.TheLivingSpring.com](http://www.TheLivingSpring.com) **\$14.97** for 150 tablets

300 Caplets GOF Online **\$54.57**, 300 Caplets, Smartbomb.com **\$49.89**, (**best deal per serving for caplets**)

*Chrons.net \$50.60*, [www.TheLivingSpring.com](http://www.TheLivingSpring.com) **\$14.97** for 330g or 150 tablets

300g powder GOF Online **\$31.47**, 300g powder Smartbomb.com **\$28.79**, <http://www.vitacost.com> **\$26.07**

[www.TheLivingSpring.com](http://www.TheLivingSpring.com) **\$14.97** for 330g

600g powder GOF Online **\$54.57**, 600g powder Smartbomb.com **\$49.89** 60 servings per container

<http://www.vitacost.com> price: **\$45.21** (**best deal per serving for powder**)

### Garden Of Life Living Multi

Multi Vitamin 126 Tab GOF Online **\$26.57**, Smartbomb.com **\$23.97**, *Chrons.net Price \$26.20*, [www.TheLivingSpring.com](http://www.TheLivingSpring.com)

**\$22.47**, <http://www.vitacost.com> price: **\$22.01**

Multi Vitamin 252 Tab GOF Online **\$47.57**, Smartbomb.com **\$43.17** (**best deal per caplet**)

*Chrons.net Price \$47.10*, <http://www.vitacost.com> price: **\$39.41**,

### Super Seed

GOF Online 600g powder - 60 heaping tbsp per container **\$17.47**

Smartbomb.com 600g powder - 60 heaping tbsp per container **\$15.97**

*Chrons.net Price \$16.20*, [www.TheLivingSpring.com](http://www.TheLivingSpring.com) **\$14.97**, <http://www.vitacost.com> price: **\$14.47**

The following are not listed as part of the diet but mentioned in the book.

### Primal Defense Powder

81g Powder Smartbomb.com **\$28.77**

GOF Online **\$31.47**

### Primal Defense HSOs,

Garden Of Life **180cap** Smartbomb.com **\$49.89**, GOF Online **\$54.57 (best deal per caplet)**

Garden Of Life **90cap** Smartbomb.com **\$28.79**, GOF Online **\$31.47**

### Coconut Oil – Garden of Life

**16 oz**, Smartbomb.com **\$10.21**

GOF Online **\$11.17**

*Chrons.net \$11.00*

[www.TheLivingSpring.com](http://www.TheLivingSpring.com) **\$10.37**

### Needed per day on Phase 1 (I have used lower numbers of suggested intake to help my body adjust)

3 drops of <b>Aromatherapy AM</b>	(2 week total = 42 drops)
1 capsule Purification AM Alpha <b>AM Cleanse™</b>	(2 week total = 14 capsules)
4 tbsp whole food fiber blend <b>Super Seed</b>	(2 week total = 56 tbsp)
2 Tbsp of Green Superfood powder or 10 caplets <b>Perfect Food</b>	(2 week total = 28 tbsp, or 140 capsules)
6 capsules of living Multivitamin <b>Living Multi</b>	(2 week total = 84 capsules)
1 tsp of Icelandic Cod Liver Oil	(2 week total = 14 tsp)
3 drops of <b>Aromatherapy PM</b>	(2 week total = 42 drops)
1 capsule Purification PM <b>Omega PM Cleanse™</b>	(2 week total = 14 capsules)

### Needed per day on Phase 2 & 3

3 drops of <b>Aromatherapy AM</b>	(2 week total = 42 drops)
2 capsules Purification AM <b>Alpha AM Cleanse™</b>	(2 week total = 28 capsules)
4 tbsp whole food fiber blend <b>Super Seed</b>	(2 week total = 56 tbsp)
4 Tbsp of Green Superfood powder or 10 caplets <b>Perfect Food</b>	(2 week total = 56 tbsp, or 140 capsules)
9 capsules of living Multivitamin <b>Living Multi</b>	(2 week total = 126 capsules)
1 tsp of Icelandic Cod Liver Oil	(2 week total = 14 tsp)
3 drops of <b>Aromatherapy PM</b>	(2 week total = 42 drops)
2 capsules Purification PM <b>Omega PM Cleanse™</b>	(2 week total = 14 capsules)

Plus the purchase of **Clenzology**

### Total amount of product needed for the 40 day regimen

Aromatherapy A.M. = 126 drops (assuming 1 bottle for lack of quantity listed)

Alpha A.M. Cleanse™ = 70 capsules - get 3 containers = \$ 53.91

Super Seed = 168 tbsp - get 3 containers

Perfect Food powder = 140 tbsp powder 1 600g container will get you 38 days

or Perfect Food Capsules = 420 capsules get 1 container of 300 plus 1 container of 150

Living Multi = 336 capsules get 1 container of 252 plus 1 container of 126

Icelandic Cod Liver Oil = 42 tbsp get 1 bottle

Aromatherapy P.M. = 126 drops (assuming 1 bottle for lack of quantity listed)

Omega P.M. Cleanse™ = 70 capsules - get 3 containers

### Cost Comparisons of product needed for the 40 day regimen

If bought from GOF Online <http://www.themakersdiet.biz/>

Clenzology = **\$34.97**

Aromatherapy A.M. = **\$13.97**

Alpha A.M. Cleanse™ = get 3 containers = **\$ 53.91**

Super Seed = get 3 containers = **\$52.41**

Perfect Food powder = 1 600g container will get you 38 days = **\$54.57**

or Perfect Food Capsules = get 1 container of 300 plus 1 container of 150 = **\$86.04**

Living Multi = get 1 container of 252 plus 1 container of 126 = **\$74.17**

Icelandic Cod Liver Oil = get 1 8oz bottle = **\$11.87**, (or if you think you will take it longer get the 16oz for only **\$20.97**)

Aromatherapy P.M. = **\$13.97**

Omega P.M. Cleanse™ = get 3 containers = \$ 53.91

**Grand Total = \$363.75** if you order the first choice indicated in each line. This website is offering a 10% discount for this level order which would make your end total after discount **\$327.38**

If bought from [www.Smartbomb.com](http://www.Smartbomb.com)

Clenzology = **\$31.99**

Aromatherapy A.M. = **\$12.79**

Super Seed = 168 tbsp - get 3 containers = **\$47.91**

Perfect Food powder = 140 tbsp powder 1 600g container will get you 38 days = **\$49.89**

or Perfect Food Capsules = 420 capsules get 1 container of 300 **\$49.89**

Living Multi = 336 capsules get 1 container of 252 plus 1 container of 126 = **\$67.14**

Icelandic Cod Liver Oil = 42 tbsp get 1 8oz bottle = **\$10.85**

Aromatherapy P.M. = 126 drops = **\$12.79**

Cannot be ordered from [www.smartbomb.com](http://www.smartbomb.com)

Alpha A.M. Cleanse™, Omega P.M. Cleanse™, Perfect Food Capsules in 150 container

If bought from <http://www.vitacost.com>

Clenzology = **\$28.97**

Aromatherapy A.M. = **\$11.57**

Alpha A.M. Cleanse™ = get 3 containers = \$ 43.47

Super Seed = get 3 containers = **\$43.41**

Perfect Food powder = 140 tbsp powder 1 600g container will get you 38 days = **\$45.21**

or Perfect Food Capsules = 420 capsules get 1 container of 300

Living Multi = 336 capsules get 1 container of 252 plus 1 container of 126 = \$ 61.42

Icelandic Cod Liver Oil = 42 tbsp get 1 8oz bottle = **\$9.83**

Aromatherapy P.M.= **\$11.57**

Omega P.M. Cleanse™ = get 3 containers = \$ 43.47

**Grand Total = 298.92** this site has a shipping cost of only \$4.95 per order this is so far the best deal I have found for all the products.