

MONTH 1

COLON CLEANSE	Take 1 capsule twice a day with a meal
DIGESTIVE ENZYME WITH MAKZYME-PRO® BLEND	Take 2 capsules 3 times a day <i>(2 with each meal)</i>
PROBIOTIC 40 BILLION CFU	Take 2 capsules before bed
OMEGA 3 FISH OIL	Take 1 capsule twice a day with a meal
D3 + K2	Take 1 capsule once a day with a meal
TURMERIC & GINGER WITH BIOPERINE®	Take 1 capsule twice a day with a meal
SUPER FULVIC MINERALS	Take 10 drops (0.5 mL)

MONTH 2

COLON CLEANSE	Take 1 capsule twice a day with a meal
DIGESTIVE ENZYME WITH MAKZYME-PRO® BLEND	Take 2 capsules 3 times a day <i>(2 with each meal)</i>
PROBIOTIC 40 BILLION CFU	Take 2 capsules before bed
SUPER FULVIC MINERALS	Take 10 drops (0.5 mL) diluted in juice or water
OMEGA 3 FISH OIL	Take 1 capsule twice a day with a meal
D3 + K2	Take 1 capsule once a day with a meal
TURMERIC & GINGER WITH BIOPERINE®	Take 1 capsule twice a day with a meal
PARAPURIFY	Take 3 capsules before bed
TOXIBINDER	Take 2 capsules 3 times a day <i>(2 with each meal)</i>
LIVER & KIDNEY SUPPORT	Take 2 capsules once a day with a meal
CHLORELLA	Take 2 capsules before bed

MONTH 3

COLON CLEANSE	Take 1 capsule twice a day with a meal
DIGESTIVE ENZYME WITH MAKZYME-PRO® BLEND	Take 2 capsules 3 times a day <i>(2 with each meal)</i>
PROBIOTIC 40 BILLION CFU	Take 2 capsules before bed
SUPER FULVIC MINERALS	Take 10 drops (0.5 mL) diluted in juice or water
OMEGA 3 FISH OIL	Take 1 capsule twice a day with a meal
TURMERIC & GINGER WITH BIOPERINE®	Take 1 capsule twice a day with a meal
PARAPURIFY	Take 3 capsules before bed
TOXIBINDER	Take 2 capsules 3 times a day <i>(2 with each meal)</i>
LIVER & KIDNEY SUPPORT	Take 2 capsules once a day with a meal
CHLORELLA	Take 2 capsules before bed

MONTH 4

COLON CLEANSE	Take 1 capsule twice a day with a meal
DIGESTIVE ENZYME WITH MAKZYME-PRO® BLEND	Take 2 capsules 3 times a day <i>(2 with each meal)</i>
PROBIOTIC 40 BILLION CFU	Take 2 capsules before bed
SUPER FULVIC MINERALS	Take 10 drops (0.5 mL) diluted in juice or water
OMEGA 3 FISH OIL	Take 1 capsule twice a day with a meal
D3 + K2	Take 1 capsule once a day with a meal
TURMERIC & GINGER WITH BIOPERINE®	Take 1 capsule twice a day with a meal
PARAPURIFY	Take 3 capsules before bed
TOXIBINDER	Take 2 capsules 3 times a day <i>(2 with each meal)</i>
LIVER & KIDNEY SUPPORT	Take 2 capsules once a day with a meal
CHLORELLA	Take 2 capsules before bed

MONTH 5

DIGESTIVE ENZYME WITH MAKZYME-PRO® BLEND	Take 2 capsules 3 times a day <i>(2 with each meal)</i>
PROBIOTIC 40 BILLION CFU	Take 2 capsules before bed
SUPER FULVIC MINERALS	Take 10 drops (0.5 mL) diluted in juice or water
LYMPH FLO	Take 2 capsules, 3 times a day <i>(better without meals)</i>