








SCHEDULES

10 DAY TRANSFORMATION - NUTRITION & CLEANSING

🍏 3 servings of flex food/beverages can be mixed with Super Amino 23, Power Shake or Apothe-Cherry

💧 lots of water 🧘 light walking/gentle yoga are recommended low-impact exercises

* Biome Medic & Super CleansR are waste elimination aids. Modify 1-2 capsules per serving, depending on your body's digestion

 Rise and shine	 2 hours later	 2 hours later	 2 hours later	 2 hours later	 2 hours later	 Time to unwind
Super Amino 23 5 tablets	Power Shake 5.5 Tbsp.	Super Amino 23 5 tablets	Power Shake 2.25 Tbsp.	Super Amino 23 5 tablets	Power Shake 2.25 Tbsp.	Apothe-Cherry 2 Tbsp. 30-60 min. before sleep
Drink lots of water! (8-24 ounces)	Biome Medic* 1-2 capsules Super CleansR* 1-2 capsules	Drink lots of water! (8-24 ounces)	Biome Medic* 1-2 capsules Super CleansR* 1-2 capsules	Drink lots of water! (8-24 ounces)		

10 DAY TRANSFORMATION - WEIGHT LOSS

🍏 3 servings of flex food/beverages or with Super Amino 23, Power Shake or Apothe-Cherry.

💧 lots of water 🧘 light walking/gentle yoga are recommended low-impact exercises

 Rise and shine	 2 hours later	 2 hours later	 2 hours later	 2 hours later	 2 hours later	 Time to unwind
Super Amino 23 5 tablets	Power Shake 5.5 Tbsp.	Super Amino 23 5 tablets	Power Shake 5.5 Tbsp.	Super Amino 23 5 tablets	Power Shake 5.5 Tbsp.	Apothe-Cherry 2 Tbsp.
Super Lytes 1 capsule		Super Lytes 1 capsule		Super Lytes 1 capsule		Daily Fiber Blend 2.5 Tbsp.
Drink lots of water! (8-24 ounces)		Drink lots of water! (8-24 ounces)		Drink lots of water! (8-24 ounces)		30-60 min. before sleep You may combine these two products, if you prefer

10 DAY TRANSFORMATION - ATHLETES

🍏 3 servings of flex food/beverages 💧 lots of water

🏃 exercise is a key component, but be sure to listen to your body as it adjusts to the limited nutrition.

🕒 remember to eat one 300 calorie Lifestyle Meal for every 30 minutes of exercise.

 Rise and shine	 2 hours later	 2 hours later	 2 hours later	 2 hours later	 2 hours later	Post-workout Flex Meal
Super Amino 23 5 tablets	MVP Sport 3-6 Tbsp.	Super Amino 23 5 tablets	MVP Sport 3-6 Tbsp.	Super Amino 23 5 tablets	MVP Sport 3-6 Tbsp.	Eat one 300 calorie Lifestyle Meal (made from approved food sources) for every 30 minutes of workout per day
Can't Beet This! 2 tsp.	Super Life Formula 3 capsules	Can't Beet This! 2 tsp.	Super Life Formula 3 capsules	Can't Beet This! 2 tsp.	Super Life Formula 3 capsules	
Super Xanthin 2 capsules		Super Xanthin 2 capsules		Super Xanthin 2 capsules		