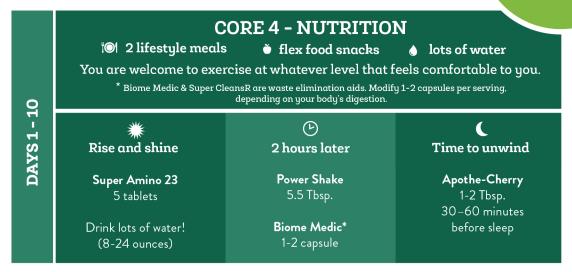
40-DAY ULTIMATE Nutrition

MAKE IT WORK FOR YOU:

This is our suggested schedule, but feel free to start with the 10-Day Transformation (or end with it)!



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	③ 2 hours later	(>) 2 hours later	(a) 2 hours later	∑ 2 hours later	C 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)		

CORE 4 - NUTRITION 10 2 lifestyle meals • flex food snacks lots of water You are welcome to exercise at whatever level that feels comfortable to you. * Biome Medic & Super CleansR are waste elimination aids. Modify 1-2 capsules per serving, depending on your body's digestion. 21 - 40Rise and shine 2 hours later Time to unwind DAYS Power Shake Super Amino 23 Apothe-Cherry 5.5 Tbsp. 1-2 Tbsp. 5 tablets 30-60 minutes Drink lots of water! Biome Medic* before sleep (8-24 ounces) 1-2 capsule