

# 40-DAY ULTIMATE Parasite Cleanse

REMEMBER TO  
LISTEN TO YOUR  
BODY WHEN  
FOLLOWING THE  
RECOMMENDED  
PLAN


## 10 DAY TRANSFORMATION - CLEANSING

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

🚶 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.

DAYS 1 - 10




 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. 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)		

DAYS 11 - 30

## CORE 4 - CLEANSING

🍷 2 lifestyle meals 🍏 flex food snacks

You are welcome to exercise at whatever level that feels comfortable to you.

 Rise and shine	 2 hours later or as a meal replacement	 Time to unwind
Biome Medic 2 capsules	Power Shake 5.5 Tbsp.	Apothe-Cherry 1-2 Tbsp.  Daily Fiber Blend 2.5 Tbsp.




DAYS 31 - 40

## CORE 4 - CLEANSING

+ Super CleansR

🍷 2 lifestyle meals 🍏 flex food snacks

You are welcome to exercise at whatever level that feels comfortable to you.

 Rise and shine	 2 hours later or as a meal replacement	 Time to unwind
Biome Medic 2 capsules	Power Shake 5.5 Tbsp.  Super CleansR 1-2 capsules	Apothe-Cherry 1-2 Tbsp.  Daily Fiber Blend 2.5 Tbsp.  Super CleansR 1-2 capsules