

WHOLE FOOD PARASITE CLEANSE

40-Day Schedule

PRODUCTS:








10-Day Transformation (with Super CleansR) + 30-Day supply of Daily Core3 + Super CleansR. The pack also comes with a BPA-Free Pro-Stak Blender Bottle, a tape measure, a Purium gym bag and a Whole Food Parasite Cleanse Schedule.

This 40-day supply of products is designed to cleanse the body of toxins and flush parasites that are common in everyday foods, such as produce and sushi. We encourage you to use this schedule as a guide for your health journey. Be sure to listen to your body and make modifications as necessary.

DAYS 1 - 10

10-DAY TRANSFORMATION (cleanse)




3 servings of Flex Foods or Flex Beverages per day. The Flex options may be consumed with the Super Amino 23, Power Shake or Apothe-Cherry.

 Rise and shine	Super Amino 23 - 5 tablets Super Lytes - 1 capsule <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage Super CleansR - (1-2 capsules)
 2 hours later	Super Amino 23 - 5 tablets Super Lytes - 1 capsule <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage Super CleansR - (1-2 capsules)
 2 hours later	Super Amino 23 - 5 tablets Super Lytes - 1 capsule <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage
 2 hours later or 30-60 min. before sleep	Apothe-Cherry - 2 tablespoons mixed with water or a Flex Beverage

DAYS 11 - 30

DAILY CORE3.




Continue to eat Flex Foods and introduce Flex Meals into your daily diet.

 Rise and shine	Super Amino 23 - 5 tablets with water upon rising or prior to working out
 2 hours later or as a meal replacement	Power Shake - 2 scoops mixed with water or a Flex Beverage
 Time to unwind	Apothe-Cherry - 1-2 tablespoons mixed with water or a Flex Beverage 30-60 minutes before sleep

DAYS 31 - 40

DAILY CORE3 + SUPER CLEANSR.

Continue to eat Flex Foods and Flex Meals daily.

 Rise and shine	Super Amino 23 - 5 tablets with water upon rising or prior to working out
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage Super CleansR - (1-2 capsules)
 Time to unwind	Apothe-Cherry - 1-2 tablespoons mixed with water or a Flex Beverage 30-60 minutes before sleep Super CleansR - (1-2 capsules)