

10-DAY TRANSFORMATION

Cleanse








PRODUCTS:

Super Amino 23 + Power Shake + Biome Medic + Apothe-Cherry + Super CleansR. The pack also comes with a BPA-Free Pro-Stak Blender Bottle, a tape measure and a Purium gym bag.

This program is based on our Core 4 Cleanse and enhanced with a supportive product to flush away toxins. The schedule is important to stick to, but is also designed to modify for your own needs.

SCHEDULE

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 <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage Biome Medic - 1-2 capsules Super CleansR - 1-2 capsules
 2 hours later	Super Amino 23 - 5 tablets <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage Biome Medic - 1-2 capsules Super CleansR - 1-2 capsules
 2 hours later	Super Amino 23 - 5 tablets <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage
 Time to unwind	Apothe-Cherry - 2 tablespoons mixed with water or a Flex Beverage 30-60 minutes before sleep

Exercise Recommendation

DAYS 1-10 • None or walking/yoga without breaking a sweat