

How to Scan a QR Code with Your Smartphone



Step 1:

Open up the camera app on your smartphone.



Step 2:

Point the camera at the QR code.
(No need to hit the shutter button.)



Step 3:

Your device will recognize the code,
and show you a notification.
Tap the notification to be taken to
the destination of your QR code.

If your smartphone does not have QR scanning capabilities,
you will need to download an app to scan QR codes.

ACCELERATED 30-DAY SCHEDULE

Here is an
example of
what you can
find with the
QR codes.

DAY 1 - 10: EASE IN

Begin by easing into your product routine.

- Drink 1/2 your body weight in oz. of water
- Eat 2 Lifestyle Meals
- Eat 3 Flex Foods - any time
- Take 1-2 capsules of Biome Medic*
- Decrease/eliminate sugar, caffeine, animal products, and alcohol



RISE & SHINE

When you wake up:

- Super Amino 23 (5 tablets)
- Power Shake (5.5 Tbsp with 20 oz. water)
- Biome Medic* (2 capsules)



SWEET DREAMS

30-60 minutes before you go to sleep

- Apothe-Cherry (2 Tbsp with 8-10 oz. water)
- Biome Medic* (2 capsules)

DAY 11- 20: 10-DAY IMMERSION

Time to truly accelerate and flood your body with only pure, vegan nutrition.

- Drink 1/2 your body weight in oz. of water
- Eat up to 3 flex food servings per day when a craving arises; may be eaten with Super Amino 23, Power Shake or Apothe-Cherry
- No other foods to be consumed during the 10 Day Immersion
- Low-impact exercise only, like gentle yoga or light walking
- Set a timer for every two hours, to keep you on track
- Prepare for Day 31 and beyond by signing up for Smart Order with an Ultimate Lifestyle Transformation OR Daily Core 4



When you wake up:

Super Amino 23 (5 tablets)

Power Shake (5.5 Tbsp with 20 oz. water)

Biome Medic* (2 capsules)

Super CleansR (1-2 capsules)

2 Hours Later

Super Amino 23 (5 tablets)

2 Hours Later

Power Shake (5.5 Tbsp with 20 oz. water)

Biome Medic* (2 capsules)

Super CleansR (1-2 capsules)

2 Hours Later

Super Amino 23 (5 tablets)

2 Hours Later

Power Shake (5.5 Tbsp with 20 oz. water)

Biome Medic* (2 capsules)

Super CleansR (1-2 capsules)



30-60 minutes before bed

Apothe-Cherry (2 Tbsp with 8-10 oz. water)

DAY 21 - 30: FINISH STRONG

Congrats! Honor your hard work by sticking with your upgraded nutrition and healthy habits.

- Drink 1/2 your body weight in oz. of water
- Eat 1 Lifestyle Meal
- Eat 3 Flex Foods - any time
- Exercise at your normal pace
- No sugar, caffeine, animal products or alcohol to be consumed



RISE & SHINE

When you wake up:

- Super Amino 23 (5 tablets)
- Power Shake (5.5 Tbsp with 20 oz. water)
- Biome Medic* (2 capsules)



DAY OR EVENING

You choose, in place of either lunch or dinner:

- Super Amino 23 (5 tablets)
- Power Shake (5.5 Tbsp with 20 oz. water)
- Biome Medic* (2 capsules)



SWEET DREAMS

30-60 minutes before you go to sleep

- Apothe-Cherry (2 Tbsp with 8-10 oz. water)

*Biome Medic and Super CleansR aid in waste elimination. Based on your body's digestion response, please modify 1-2 capsules per serving.