

Supplement Schedule

40 Day Ultimate Lifestyle Transformation

Renew Days 1 - 14

Begin the process, rest well, drink plenty of water, move your body... Find your rhythm and enjoy each day.

Wakeup	Morning	Afternoon	30 Minutes Before Bed
Water 24-32oz Super Aminos 23 3 tablets	Power Shake 5 tablespoons Biome Medic 1 capsules	Super Aminos 23 3 tablets Biome Medic 2 capsules	Apothe-Cherry 1.5 tablespoons

Release Days 15 - 25

For the parasite cleanse abstain from sweet foods including fruits. May feel more emotional - focus on eliminating unhealthy habits.

***Please Note:** Adjust 1-2 capsules of Super CleansR based on your body's elimination response

Wakeup	Morning	Afternoon	30 Minutes Before Bed
Water 24-32oz Super Aminos 23 5 tablets	Power Shake 5 tablespoons Biome Medic 2 capsules Super CleansR 2 capsules	Super Aminos 23 5 tablets Biome Medic 2 capsules *optional* Power Shake 5 tablespoons	Apothe-Cherry 1.5 tablespoons Super CleansR 2 capsules

Restore Days 26 - 40

Expect to feel more energy, better digestion, deeper sleep, and increased mental clarity. Nourish your body with high quality foods and plenty of water.

Wakeup	Morning	Afternoon	30 Minutes Before Bed
Water 24-32oz Super Aminos 23 3 tablets	Power Shake 5 tablespoons Biome Medic 1 capsules	Super Aminos 23 3 tablets Biome Medic 1 capsules	Apothe-Cherry 1.5 tablespoons

