

Each supplement in the program is introduced in stages and dosages, and dosages are increased week by week – allowing you to gradually build up to the dose that’s right for you. This table gives a 4-week overview of the program, followed by weekly instructions:

DETOX RESET 28-DAY OVERVIEW DOSING GUIDE

Product	Week 1	Week 2	Week 3	Week 4	Post Detox
PectaSol	1 scoop or 6 caps per day	1 scoop or 6 caps twice per day	1 scoop or 6 caps three times per day	1 scoop or 6 caps three times per day	1-2 scoops or 6-12 caps per day
GlyphoDetox	2 caps per day	2 caps twice per day	2 caps twice per day	2 caps twice per day	2 caps per day
ecoDetox		3 caps per day	3 caps twice per day	3 caps twice per day	3 caps per day
ecoProbiotic			4 tsp per day	4 tsp twice per day	2-4 tsp twice per day
EcoDigest					1 cap before meals