10 DAY CLEANSE SCHEDULE

When You Wake Up:	2 Hours Later	2 Hours Later	2 Hours Later	2 Hours Later	2 Hours Later	30-60 Minutes Before Bed
Super Amino 23 (5 tablets) Biome Medic* (2 capsules) Super CleansR* (1-2 capsules)	Power Shake (5.5 TBSP with 20 oz. water)	Super Amino 23 (5 tablets) Biome Medic* (2 capsules) Super CleansR* (1-2 capsules)	Power Shake (5.5 TBSP with 20 oz. water)	Super Amino 23 (5 tablets)	Power Shake (5.5 TBSP with 20 oz. water)	Apothe-Cherry (2 TBSP with 8-10 oz. water)

- Drink 1/2 your body weight in oz. of water
- Eat up to 3 flex food servings per day when a craving arises (with Super Amino 23, Power Shake or Apothe-Cherry)
- No other foods to be consumed during the 10-Day Immersion
- Sign up for Smart Order with an Ultimate Lifestyle Transformation OR Daily Core 4
- Instead of cheating or quitting, eat an extra Flex Food
- Low-impact exercise, like gentle yoga or light walking