

ACCELERATED 30-DAY SCHEDULE

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
- Exercise at your normal pace
- 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, Powershake 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)

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)

2 Hours
Later

Super Amino 23
(5 tablets)

2 Hours
Later

Power Shake
(5.5 TBSP with
20 oz. water)



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).