

7-DAY • TOTAL BODY • CLEANSE & DETOX*



MORNING Do not take on an empty stomach. Take with or after food.

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|--------------|------------------------------|
| VIBE | 2 TBL (1oz) in 12–20oz water |
| Chlorophyll+ | 2 TBL (1 oz) in 6–8oz water |
| LifeCleanse | 1 scoop in water/juice |
| Muscle Aid | 1 TBL (.5 oz) in 6–8oz water |

MIDAFTERNOON After lunch

| | |
|--------------|------------------------------|
| VIBE | 2 TBL (1oz) in 12–20oz water |
| Chlorophyll+ | 1 TBL (.5 oz) in 6–8oz water |
| LifeCleanse | 1 scoop in water/juice |
| Muscle Aid | 1 TBL (.5 oz) in 6–8oz water |

BEDTIME

| | |
|--------------|------------------------------|
| Chlorophyll+ | 1 TBL (.5 oz) in 6–8oz water |
| LifeCleanse | 1 scoop in water/juice |

Before You Begin

- Products may be mixed and taken together diluted with water.
- LifeCleanse is best taken immediately after mixing with water. For taste, some prefer mixing it in low-sugar organic apple juice.
- **VIBE is best mixed separately in water & sipped throughout morning/afternoon.**
- It is important not to skip any daily doses.
- Be sure to consume at least 140 oz of pure water each day, evenly dispersed throughout the day.

Eating Notes

- Avoid/reduce breads, rice & pasta
- Choose lean white meat/fish, fruits & vegetables
- Avoid alcohol • Limit dairy

IMPORTANT:

- Be sure to consume at least 140 ounces of pure water each day, evenly dispersed throughout the day.

For Example: 7 bottles of water (20 oz each)

Drinking enough water is critically important to the success of the program, helping the body remove and filter toxins.

