

7-DAY • TOTAL BODY • CLEANSE & DETOX*



INSTRUCTIONS

1. Water used in mixing the products can be counted toward the daily water consumption goal.
2. If you have difficulty with constipation, it is very important to achieve the daily water consumption goal.
3. If desired, morning and afternoon doses can be preblended in the morning. Blend each dose separately and place into separate shaker bottles/containers with cap. Note the bottles should be large enough to contain at least 20 - 30 ounces of liquid. Drink one bottle throughout morning (after breakfast) and one bottle throughout afternoon (after lunch). Vigorously shake the afternoon bottle before beginning to consume. Add more ice if a colder temperature is desired.

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

VIBE	2 TBL (1oz)	Blend all together in minimum 20oz of water with ice and consume throughout morning.
Chlorophyll+	2 TBL (1oz)	
LifeCleanse	2 level scoops	
Muscle Aid	1 TBL (.5oz)	

MIDAFTERNOON After lunch

VIBE	1 TBL (.5oz)	Blend all together in minimum 20oz of water with ice and consume throughout afternoon.
Chlorophyll+	1 TBL (.5oz)	
LifeCleanse	2 level scoops	
Muscle Aid	1 TBL (.5oz)	

BEDTIME

Chlorophyll+	1 TBL (.5oz) in 4–6 oz water
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Eating & Usage Notes

- It is important not to skip any daily product doses
- Avoid/reduce breads, rice and pasta where possible
- Choose lean white meat/fish, fruits & vegetables
- Avoid alcohol
- Limit dairy

Note: The instructions in this kit are intended as guidelines for a 7-day detox and cleanse program. They are not a replacement for long term use instructions found on individual product labels.

IMPORTANT:

- Be sure to consume at least 140oz of pure water each day. **You can include water consumed with the products.**

Example: 5 (20 oz) bottles of water + 2 (20 oz) bottles with product.

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



* Some medical conditions should not adopt a change in diet unless discussed with a doctor first. Always consult your doctor before beginning a supplementation program.