



## Herbal Cleanse (Days 1-10) Daily Regimen

Herbal Cleanse (3 Products for Detoxification and Boosting Immune System)

Spark (Energy, Mental Focus, Appetite Control)

OmegaPlex (Promotes Healthy Metabolism, Nutrient Transport & Immunity)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Wake Up	SPARK	SPARK	SPARK	SPARK Probiotic Restore(2 ct)	SPARK Probiotic Restore(2 ct)	SPARK Probiotic Restore(2 ct)	SPARK Probiotic Restore(2 ct)	SPARK Probiotic Restore(2 ct)	SPARK Probiotic Restore(2 ct)	SPARK Probiotic Restore(2 ct)
30 min. later Breakfast	Fiber Drink Followed w/ Glass of water	Fiber Drink Followed w/ Glass of water	Fiber Drink Followed w/ Glass of water	Bowl of Oatmeal Or Fruit	Bowl of Oatmeal Or Fruit	Bowl of Oatmeal Or Fruit	Bowl of Oatmeal Or Fruit	Fiber Drink Followed w/ Glass of water	Fiber Drink Followed w/ Glass of water	Fiber Drink Followed w/ Glass of water
3 hrs later	Mid Morning Snack	Mid Morning Snack	Mid Morning Snack	Mid Morning Snack	Mid Morning Snack	Mid Morning Snack	Mid Morning Snack	Mid Morning Snack	Mid Morning Snack	Mid Morning Snack
3 hrs later	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
3 hrs later	*SPARK (if needed) Afternoon Snack	*SPARK Afternoon Snack	*SPARK Afternoon Snack	*SPARK Afternoon Snack	*SPARK Afternoon Snack	*SPARK Afternoon Snack	*SPARK Afternoon Snack	*SPARK Afternoon Snack	*SPARK Afternoon Snack	*SPARK Afternoon Snack
Dinner	Dinner w/4 OmegaPlex	Dinner w/4 OmegaPlex	Dinner w/4 OmegaPlex	Dinner w/4 OmegaPlex	Dinner w/4 OmegaPlex	Dinner w/4 OmegaPlex	Dinner w/4 OmegaPlex	Dinner w/4 OmegaPlex	Dinner w/4 OmegaPlex	Dinner w/4 OmegaPlex
Before Bed	Herbal Cleanse Packet	Herbal Cleanse Packet	Herbal Cleanse Packet	Herbal Cleanse Packet	Herbal Cleanse Packet	Herbal Cleanse Packet	Herbal Cleanse Packet			