

DAILY FORMULA REGIMEN FOR THE FULL BODY CLEANSE



7:00 A.M.
FORMULA #1
5 Capsules



10:00 A.M.
FORMULA #2
5 Capsules



12:00 P.M.
FORMULA #3
5 Capsules



2:00 P.M.
FORMULA #4
5 Capsules



5:00 P.M.
FORMULA #5
5 Capsules



7:00 P.M.
FORMULA #6
5 Capsules



BEDTIME
FORMULA #7
1/2 Teaspoon in
a glass of water.
Stir well.



You're free to take the formulas at times that work best for you and your daily schedule. Make sure you take the formulas (capsules) 2 to 3 hours apart from one another.

