



***Refer to respective bottles for daily supplement serving dosages.**

Shortly After Waking:

We recommend Drinking our Early Morning Alkalizing Drink & Following Supplement:

- **GI Synergy****

(If you have parasites, do not swap with R.U.G. or SCRAM until week 5 & see Parasites Supplement Recommendation Guide in Week 5)

Take w/ Breakfast: Take w/ Food

- **Betaine HCl***
- **EcoPhage* (Only if you HAVE Pathogenic Viruses)**
- **Digestive Enzyme***

Mid-Morning: Previous Clients have Benefitted from Drinking 1 Quart of Spring Filtered Water and taking:

- **Inter-fase Plus***
- **Maximum Keto Electrolytes***

Take w/ Lunch: Take w/ Food!

- **Betaine HCl***
- **IBguard* (Weeks 1-4)**
- **Digestive Enzyme***
- **Garlic Extract* (Only if you HAVE SIBO)**

Afternoon: (Take w/ another Chocolate Breakfast Shake (if hungry) or just a handful of Macadamia nuts):

- **Maximum Keto Electrolytes***
- **All Probiotics***

Dinner: Take w/ Food

- **Betaine HCL***
- **IBGuard* (Weeks 1-4)**
- **Digestive Enzyme***

!!! No eating 3 hours before bed !!!



Before Bed:

Bentonite Clay in 8 oz filtered water (to pull out toxins) MIX WELL!!! (may be clumpy)

IBS-C (Constipation) ONLY: Feel Good Detox 2.0

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****Research shows taking probiotics separate from anti-bacterials (IBGuard: peppermint oil, garlic extract and GI Synergy) may be best as the beneficial bacteria in the probiotics could be killed off by the antibacterial properties from the herbs, garlic, and peppermint essential oil in the above antibacterials etc.**