

# 30 Day Cleanse, Reboot, Renew and Restore

10 days

20 days

30 days



## NUTRITIONAL SUPPORT

LifeLong Vitality Supplements [LLV]: take 2 from each bottle with food twice a day



## DETOXIFICATION COMPLEX CLEANSE FOR LIVER, SKIN, COLON, LUNGS AND KIDNEYS

Zendocrine Complex : take 1 - 2 capsules for AM and PM meals \*



## SUPPORTS THE FILTERING ORGANS OF THE BODY

Zendocrine Softgels: take 1 softgel with AM and PM meals



## SUPPORTS HEALTHY DIGESTION AND METABOLIC PROCESSES

TerraZyme : take 1 - 3 capsules with meals/empty stomach \*



## CLEANSSES TOXINS FOUND IN FAT CELLS:

SLIM & SASSY Softgels: take 1 softgel 5x per day or 5 drops 5x per day



## INTESTINAL TRACT CLEANSING FORMULA

GxAssist: take 1 softgel with AM and PM meals\*

### MORNING WITH FOOD

Days 1 - 30

2 capsules each LLV  
1 TerraZyme  
1 Zendocrine supplement  
1 Zendocrine softgel  
1 Slim & Sassy softgel or 5 drops oil blend^

Days 10 - 20

1 GxAssist

Days 20 - 30

1 PbAssist+

### NOON WITH FOOD

Days 1 - 30

2 capsules each LLV  
1 TerraZyme  
1 Zendocrine supplement  
1 Zendocrine softgel  
1 Slim & Sassy softgel or 5 drops of oil blend^

Days 20 - 30

1 PbAssist+

### EVENING WITH FOOD

Days 1 - 30

1 TerraZyme

1 Slim & Sassy softgel or 5 drops of oil blend^

Days 10 - 20

1 GxAssist

Days 20 - 30

1 PbAssist+



## SUPPORTS HEALTHY DIGESTION AND IMMUNITY

PbAssist+ : take 1 -3 capsules with meals/empty stomach\*



TerraGreens - 1 scoop daily



Lemon oil in water daily

^ take remaining Slim & Sassy in between meals

\* Reduce amount or discontinue, if intestinal upset occurs