30 Cleanse Restore Chart

Start Day ☐ End Day ☐

	Fri	Sat	Sun	Mon	Tue	Wed	Thu
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
xEO Mega, MicroPlexVMz, Alpha CRS+	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM
Zendocrine Softgel and Herbal Supplement	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM
TerraZyme	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3
GX Assist	☐ GI Cleansing Blend	☐ GI Cleansing Blend	☐ GI Cleansing Blend	☐ GI Cleansing Blend	☐ GI Cleansing Blend	☐ GI Cleansing Blend	☐ GI Cleansing Blend
PB Assist	☐ Probiotics	☐ Probiotics	☐ Probiotics	☐ Probiotics	☐ Probiotics	☐ Probiotics	☐ Probiotics
Optional:							
Lemon with water	☐ Drink Lemon Water	☐ Drink Lemon Water	☐ Drink Lemon Water	☐ Drink Lemon Water	☐ Drink Lemon Water	☐ Drink Lemon Water	☐ Drink Lemon Water
Slim and Sassy with water	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
xEO Mega, MicroPlexVMz, Alpha CRS+	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM
Zendocrine Softgel and Herbal Supplement	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM
TerraZyme	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3
GX Assist	☐ GI Cleansing Blend	☐ GI Cleansing Blend	☐ GI Cleansing Blend	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM
PB Assist	☐ Probiotics	☐ Probiotics	☐ Probiotics	☐ Probiotics	☐ Probiotics	☐ Probiotics	☐ Probiotics
Optional:							
Lemon with water	☐ Drink Lemon Water	☐ Drink Lemon Water	☐ Drink Lemon Water	☐ Drink Lemon Water	☐ Drink Lemon Water	☐ Drink Lemon Water	☐ Drink Lemon Water
Slim and Sassy with water	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend
	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
xEO Mega, MicroPlexVMz, Alpha CRS+	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM
Zendocrine Softgel and Herbal Supplement	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM
TerraZyme	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3
GX Assist	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ GI Cleansing Blend
PB Assist	☐ Probiotics	☐ Probiotics	☐ Probiotics	☐ Probiotics	☐ Probiotics	☐ Probiotics	☐ AM ☐ PM
Optional:							
Lemon with water	☐ Drink Lemon Water	☐ Drink Lemon Water	☐ Drink Lemon Water	☐ Drink Lemon Water	☐ Drink Lemon Water	☐ Drink Lemon Water	☐ Drink Lemon Water
Slim and Sassy with water	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend
	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
xEO Mega, MicroPlexVMz, Alpha CRS+	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM
Zendocrine Softgel and Herbal Supplement	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM
TerraZyme	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3
GX Assist	☐ GI Cleansing Blend	☐ GI Cleansing Blend	☐ GI Cleansing Blend	☐ GI Cleansing Blend	☐ GI Cleansing Blend	☐ GI Cleansing Blend	☐ GI Cleansing Blend
PB Assist	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM
Optional:							
Lemon with water	☐ Drink Lemon Water	☐ Drink Lemon Water	☐ Drink Lemon Water	☐ Drink Lemon Water	☐ Drink Lemon Water	☐ Drink Lemon Water	☐ Drink Lemon Water
Slim and Sassy with water	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend
	Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
xEO Mega, MicroPlexVMz, Alpha CRS+	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM
Zendocrine Softgel and Herbal Supplement	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM
TerraZyme	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3	Meals ☐ 1 ☐ 2 ☐ 3
GX Assist	☐ GI Cleansing Blend	☐ GI Cleansing Blend					
PB Assist	☐ AM ☐ PM	☐ AM ☐ PM					
Optional:							
Lemon with water	☐ Drink Lemon Water	☐ Drink Lemon Water					
Slim and Sassy with water	☐ Drink Metabolic Blend	☐ Drink Metabolic Blend					