

Revitalize Health 60 Day Gut Repair and Detox Protocol				
DAYS 1-30				
MedPax	<b>AM packet: Breakfast</b>		<b>PM packet: Dinner</b>	
	1 - K2-D3 5,000		2 - OptiMag 125(add to shake)	
	1 - Omega MonoPure 650 EC			
	1 - Curcuplex 95(add to shake)			
Powders	<b>IgG 2000 CWP (25 serv.)</b>		Breakfast: Mix 1 Tbsp in water, unsweetened nut or coconut milk before breakfast	
	<b>IG 26 Plus DF (30 serv.)</b>		Dinner: Mix 1 scoop of in 4-6 oz. of water, unsweetened nut or coconut milk	
	<b>ProbioMax Plus DF (30 ct.)</b>		Breakfast or Dinner: 1 packet added to breakfast or dinner shake	
DAYS 31-60				
MedPax	<b>AM packet: Breakfast</b>		<b>PM packet: Dinner</b>	
	1 - CurcuPlex CR(add to shake)		2 - OptiMag 125(add to shake)	
	1 - K2-D3 5,000			
	1 - Omega MonoPure 650 EC			
Capsules	<b>ProbioMax Sb DF (30 ct.)</b>		Breakfast: Add 1 capsule to breakfast shake	
DAYS 31-44 ONLY				
Powders	<b>OptiCleanse GHI Vanilla (Sugar &amp; Stevia Free) - 1 canister</b>		Add 1 scoop to 4-6 oz. of water or unsweetened almond or coconut milk. Mix in a blender or shaker bottle until smooth. Follow 14 day protocol below.	
	<b>14 Day Opticleanse GHI Protocol</b>			
	<b>Detox Days 1-3</b>	<b>Detox Days 4-12</b>	<b>Detox Days 13-14</b>	
	(Program Days 31-33)	(Program Days 34-42)	(Program Days 43-44)	
	1 shake daily at breakfast	2 Shakes daily: 1 at Breakfast and 1 at Dinner	1 shake daily at breakfast	

Revitalize Health 30 Day Gut Repair and Detox Protocol						
ALL DAYS 1-30						
MedPax	<b>AM packet:</b>		<b>PM packet:</b>		<b>Bedtime packet:</b>	
	2 - XenoprotX		1 - K2-D3 5,000		1 - ColonX	
	1 - Methyl Protect		1 - Omega MonoPure 1300 EC		2- OptiMag 125	
	1 - Curcuplex CR		2 - Lipotropix			
Powders	ProbioMax Plus DF		Bedtime: 1 packet in 2-4 oz. water at bedtime (may be added to breakfast shake if necessary)			
DAYS 1-15 ONLY						
Powders	IG 26 Plus DF		Breakfast and Dinner: Mix 1 scoop of in 4-6 oz. of water, unsweetened nut or coconut milk			
DAYS 15-28 ONLY						
Powders	OptiCleanse GHI Vanilla (Sugar & Stevia Free)		Add 1 serving to 10-12 oz. of water or unsweetened almond or coconut milk. Mix in a blender or shaker bottle until smooth. Follow 14 day protocol below.			
			14 Day Opticleanse GHI Protocol			
	Detox Days 1-3		Detox Days 4-5	Detox Days 6-10	Detox Days 11-12	Detox Days 13-14
	(Program Days 15-17)		(Program Days 18-19)	(Program Days 20-24)	(Program Days 25-26)	(Program Days 27-28)
	1 shake daily at breakfast		2 Shakes daily: 1 at Breakfast and 1 at Dinner	3 Shakes Daily: 1 at breakfast, 1 at lunch, 1 at dinner	2 Shakes daily: 1 at Breakfast and 1 at Dinner	1 shake daily at breakfast