

Revitalize Health 60 Day Gut Repair and Detox Protocol

DAYS 1-30

MedPax	<u>AM packet: Breakfast</u> 1 - K2-D3 5,000 1 - Omega MonoPure 650 EC 1 - Curcuplex 95(add to shake)	<u>PM packet: Dinner</u> 2 - OptiMag 125(add to shake) *may need to use just 1
Powders	IgG 2000 CWP (25 serv.)	Breakfast: Mix 1/2 Tbsp in 4-6 oz. of water, unsweetened nut or coconut milk before breakfast
	IG 26 Plus DF (30 serv.)	Dinner: Mix 1/2 scoop of in 2-3 oz. of water, unsweetened nut or coconut milk
	ProbioMax Plus DF (30 ct.)	Breakfast or Dinner: 1/2 packet added to breakfast or dinner shake

DAYS 31-60

MedPax	<u>AM packet: Breakfast</u> 1 - CurcuPlex CR(add to shake) 1 - K2-D3 5,000 1 - Omega MonoPure 650 EC	<u>PM packet: Dinner</u> 2 - OptiMag 125(add to shake) *may need to use just 1
Capsules	ProbioMax Sb DF (30 ct.)	Breakfast: Add 1 capsule to breakfast shake

DAYS 31-44 ONLY

Powders	OptiCleanse GHI Vanilla (Sugar & Stevia Free) - 1 caniser		Add 1/2 scoop to 2-3 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 4-12	Detox Days 13-14	
	(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	