



We recommend taking the supplements before your meal. However, if you forget simply take them after!

BREAKFAST	<p>1 x ENDURANCE or BURN (Burn must be taken with food)</p> <p>1 x ADULT MULTIVITAMIN WITH BOTANICALS</p> <p>1 x SLIM SHOT (15ml Aloe Vera, 15ml Natural Mineral Drink, 2 scoops Fibre, 100ml Water) <i>**Optional: 25 drops of Balance Drops and 1 scoop of Green Qi can be added to the Slim Shot**</i></p>
LUNCH	<p>1 x ENDURANCE or BURN</p> <p>1 x DIGESTIVE ENZYME</p> <p>1 X ADULT MULTIVITAMIN</p>
DINNER	<p>1 x DIGESTIVE ENZYME</p> <p>1 X ADULT MULTIVITAMIN</p>
BEDTIME	<p><i>**Optional: 1 x Probiotic every 2nd night**</i></p>
EXERCISE	<p><i>**Optional: Choc Shake Pea Protein**</i> (Mix 2 heaped tablespoons into 200ml water before or after exercise)</p>