

10-DAY IMMERSION SCHEDULE

When You Wake Up:	2 Hours Later	2 Hours Later	2 Hours Later	2 Hours Later	2 Hours Later	30-60 Minutes Before Bed
Super Amino 23* (5 tablets)	Power Shake (5.5 tbsp with 20 oz. water) Biome Medic (1 capsule) Super CleansR** (2 capsules)	Super Amino 23* (5 tablets)	Power Shake (5.5 tbsp with 20 oz. water) Biome Medic (1 capsule) Super CleansR** (2 capsules)	Super Amino 23* (5 tablets)	Power Shake (5.5tbsp with 20 oz. water)	Apothe-Cherry (2 tbsp with 8-10 oz. water)
<ul style="list-style-type: none"> • Drink 1/2 your body weight in oz. of water • Eat up to 3 Flex Food servings per day when a craving arises (with Super Amino 23, Power Shake or Apothe-Cherry) • No other foods to be consumed during the 10-Day Immersion 				<ul style="list-style-type: none"> • Sign up for Smart Order with an Ultimate Lifestyle Transformation OR Daily Core 4 • Instead of cheating or quitting, eat an extra Flex Food • Low-impact exercise, like gentle yoga or light walking 		

MAKE IT YOUR OWN:

Did you purchase a customized pack? L.O.V. Super Meal and/or Dark Berry Protein are interchangeable with Power Shake. You may use a 1/2 serving of two different shakes anytime a Power Shake is called for on the schedule.

*For optimal results wait 30 min - 2 hours before consuming Power Shake.

SUPER CLEANSR:

Super CleansR is formulated for use over a 40-day period. This includes two, 10-day periods of use, separated by a 20-day period of non-use. During the 10-day periods of use, take 2 capsules in the morning and 2 capsules midday with a shake or food. For best results follow the schedule closely. Super CleansR is not intended for everyday or prolonged consumption.

**Super CleansR aids in waste elimination. Based on your body's digestion response, modify by reducing 1 capsule per serving.

FLEX FOODS

Flex Foods & Beverages are organic, vegan superfoods that provide you with flavorful taste, a chewing sensation, and the overall experience of eating. They transform stress eating by replacing unhealthy choices with optimal nutrition. They will naturally become your go-to snacks, long after your 10-Day Immersion.

IDEAL FLEX FOODS & BEVERAGES

- Water (unlimited)
- Decaffeinated herbal tea (unlimited)
- Celery (unlimited)
- Cucumbers (unlimited)
- 1 Avocado
- 1 Apple (Tip: Eating apples first thing in the morning can help wake you up.)
- 1 cup Watermelon
- 1 cup Broccoli, Cauliflower, Kale, or Spinach (raw or sautéed)
- 1 cup Berries
- 1 cup Sauerkraut or Kimchi (no additives)
- 1 cup Summer Squash (winter squash not permitted)
- 1/2 cup Carrots
- 1 serving Hemp, Almond, Coconut, or Oat Milk
- 1 serving Kombucha
- 1 serving Organic Vegetable Broth
- 1 serving Coconut Water

IDEAL FLAVORING

- Organic Tropic Oil
- Freshly squeezed lemon
- Himalayan sea salt
- Raw honey
- Fresh herbs and spices

Get creative with your 3 servings per day allowance.

Hot Flex Foods are especially important during the winter and for those in colder climates. Warm Flex Beverages are also important for people who are used to having coffee in the morning or a hot meal after a long day. Here are some ideas!



Warm hemp, almond, or oat milk and mix with Power Shake, L.O.V. Super Meal or Dark Berry Protein.



Sauté a chopped green apple with cinnamon and Organic Tropic Oil.



Sauté 1 cup broccoli with Organic Tropic Oil and top with fresh basil and 3 tbsp. organic sauerkraut.



Although not a flex food, but rather part of the program, you can mix Apothe-Cherry with warm water for a relaxing night cap prior to bed.

LEARN ABOUT
FLEX FOODS
& SCAN TO
WATCH THE
VIDEOS

