

You are ready to start the TRIPLEX COMBO?

Start SLIM ONLY for 5-7 days!

Are you Regular?

NO. Tend towards constipation

YES! But VERY loose and frequent stool

TIP: try keeping it by your tooth brush or night stand to help you remember

Add 1 Probio5 @ BEDTIME

★ Drink ½ your weight in ounces of water DAILY to ensure toxins are leaving quickly (ex:140 lbs=70oz)

YES! I go 1-2x/Day!

2-3x/day bowel movements?

Add 1 Biocleanse @ bedtime

Add 1 Biocleanse and 1 Probio5 @ bedtime

YES

NO

Move up to 2 Probio5 @ bedtime

★ Move to next stage after you are going more regularly= 2-3x/day!!

Going 1-2x/day?

NO

YES

Add 1 Biocleanse and 1 more Probio5 (total of 2 Probio5)

Going 2-3x/day?

Up to 2 Biocleanse @ bedtime

YES

Increase by 1 Biocleanse & 1 Probio5 every 5-7 days up to 4 each

YES

Going 2-3x/day?

GOALS:
➡ Drink ½ your weight in water EVERY DAY!
➡ Going to the bathroom 2-3x/day!
➡ Get up to 4 Probio5/day for 2 weeks to ensure ALL the candida is killed off and up to 4 Biocleanse/day to ensure all the toxins are leaving your body!
➡ 2 weeks @ 4 each, to go to a maintenance level (2-4 Probio5 & 2-4 Biocleanse/day! Make sure you are keeping up with 2-3 bowel movements a day!
➡ **If you have an AutoImmune issue, you may consider sticking at 4 Probio5 a day to keep flareups at bay!
KEEP IN CLOSE CONTACT WITH YOUR SPONSOR to celebrate victories and troubleshoot problems along the way!

★ Each phase can be 5-7 days long...
BUT LISTEN TO YOUR BODY to know when the right time is to move on. Moving slower will not set you back!
***Feel good=move to next stage**
***Feel bad=stay at that stage another 5-7 days or go back to previous stage to feel better.**

Taking 4 Probio5 & up to 4 Biocleanse/day
***2-3x/day BM**
***Continue for 2-3 weeks! Then go down to maintenance. Talk to your sponsor to find the next best plan for you!**