

30 Day Cleanse Checklist

Phase 1 Activate: Days 1 - 10

Phase 2 Reset: Days 11 - 20

Phase 3 Renew: Days 21 - 30

Morning

- 1 TerraZyme
- 1-2 Drops Lemon in 8 oz. Water

Morning

- 1 TerraZyme
- 1-2 Drops Lemon in 8 oz. Water

Morning

- 1 TerraZyme
- 1-2 Drops Lemon in 8 oz. Water

Breakfast

- 1 TerraZyme
- LLV (2 of each)
- 1 Zendocrine
- 1 Zendocrine Complex
- 1-2 Drops Lemon in 8 oz. Water

Breakfast

- 1 TerraZyme
- LLV (2 of each)
- 1 GX Assist (optional as needed)
- 1 Zendocrine Complex
- 1-2 Drops Lemon in 8 oz. Water

Breakfast

- 1 TerraZyme
- LLV (2 of each)
- 1 Zendocrine Complex
- 1 DDR Prime
- 1-2 Drops Lemon in 8 oz. Water

Lunch

- 1 TerraZyme
- LLV (2 of each)
- 1-2 Drops Lemon in 8 oz. Water

Lunch

- 1 TerraZyme
- LLV (2 of each)
- 1 GX Assist (optional as needed)
- 1-2 Drops Lemon in 8 oz. Water

Lunch

- 1 TerraZyme
- LLV (2 of each)
- 1-2 Drops Lemon in 8 oz. Water

Dinner

- 1 TerraZyme
- 1 Zendocrine
- 1 Zendocrine Complex
- 1-2 Drops Lemon in 8 oz. Water

Dinner

- 1 TerraZyme
- 1 GX Assist
- 1 Zendocrine Complex
- 1-2 Drops Lemon in 8 oz. Water

Dinner

- 1 TerraZyme
- 1 DDR Prime
- 1 Zendocrine Complex
- 3 PB Assist
- 1-2 Drops Lemon in 8 oz. Water

Night

- 1 TerraZyme
- 1-2 Drops Lemon in 8 oz. Water

Night

- 1 TerraZyme
- 1-2 Drops Lemon in 8 oz. Water

Night

- 1 TerraZyme
- 1-2 Drops Lemon in 8 oz. Water