

Acuhealth Holistic Purification Program Supplement Schedule:

Week One Products: SP Cleanse, Gastrofiber or Whole Food Fiber, SP Complete Shake

Product	Breakfast	Mid Morning	Lunch	Mid Afternoon	Dinner	Bedtime	Total
SP Cleanse	7 Caps		7 Caps		7 Caps		21 Caps
Gastrofiber		3 Caps		3 Caps		3 Caps	9 Caps
Whole Food Fiber	1 Level Tablespoon added to Complete Shake						
SP Complete	2 or 3 Shakes Daily						

Weeks Two and Three Products: SP Greenfood, Gastrofiber or Whole Food Fiber, SP Complete Shake

Product	Breakfast	Mid Morning	Lunch	Mid Afternoon	Dinner	Bedtime	Total
SP Greenfood	5 Caps				5 Caps		10 Caps
Gastrofiber		3 Caps		3 Caps		3 Caps	9 Caps
Whole Food Fiber	1 Level Tablespoon added to Complete Shake						
SP Complete	2 or 3 Shakes Daily						

Optional Post Detox Products: Juice Plus, Diaplex, Coleus Forte, Gymnema

Product	Breakfast	Mid Morning	Lunch	Mid Afternoon	Dinner	Bedtime	Total
Juice Plus	3 Caps				3 Caps		6 Caps
Diaplex	1 Tab		1 Tab		1 Tab		3 Tabs
Coleus Forte	1 Tab		1 Tab		1 Tab		3 Tabs
Gymnema	1 Tab		1 Tab		1 Tab		3 Tabs
SP Complete or Whey Pro Complete	1 or 2 Shakes Daily						

Optional Supplements are recommended to maintain improvements gained from the Purification Program!

Maintenance program will be tailored your individual needs.

Juice Plus Orchard, Garden and Vineyard Blends: Reduces oxidative stress in the body and improves markers of immune and cardiovascular health. Highly recommended.

Diaplex: Supports healthy blood sugar levels and pancreatic health. Good for pre-diabtics or those with metabolic syndrome.

Coleus Forte: Supports healthy body weight.

Gymnema: Supports healthy blood sugar levels. Reduces sugar and carb cravings.

******Keep SP Complete and SP Whey Pro Refrigerated!!******