



# Full Body Reset Guidelines

- Take Restoriix 1 hour prior to breakfast.
- Take 0.7ml Day Drops 30mins prior to eating.
- Breakfast smoothie 1 scoop Pure Nourish, 1 scoop Power Boost, 2 scoops Giving Greens & 4 Rejuveniix, 3 Optimal V, 2 Optimal M & 1 Omega Q
- Take 0.7ml Day Drops 30mins prior to eating.
- Lunch per guidelines.
- Take 0.7ml Day Drops 30mins prior to eating.
- Dinner per guidelines & 3 Optimal V, 2 Optimal M & 1 Omega Q.
- 1 hour before bed 2ml Night Drops.

\*Follow to the best of your ability the food guide.

Snack in between.

\*\*Drink plenty of water.

\*\*\*Exercise to your ability 20-30mins daily.

\*\*\*\*Medication to be taken separately to Restoriix.

BONUS product: Elite! Drink at anytime during the day

