

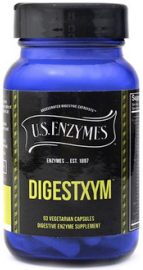


DESIGNED FOR THRIVING

Discover your natural design & thrive. Brilliant.

DETOX PROTOCOL

Duration: 8 Weeks



Digestxym

1 cap with each meal

- Promotes healthy digestion
- Acts as a catalyst for HCL



Seaxym

1 cap upon waking, 2 caps before bed

- Helps to break down mucous caused by bacteria & parasites
- Helps support respiratory function



Nattoxym

1 cap upon waking, 2 caps before bed

- Promotes healthy vascular system
- Breaks down plaque & increases blood flow
- Faster Healing
- Lowers C-Reactive Protein



Serraxym

1 cap upon waking, 2 caps before bed

- Helps Auto-Immunity
- Helps leaky gut
- Breaks down yeas and undigested proteins
- Great for Brain Fog



HCL-XYM

2 caps at each meal

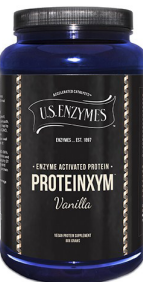
- Digestion aid



Theraxym

1 cap upon waking, 2 caps before bed

- Supports recuperation & recovery



Proteinxym

1 scoop daily

- Enzyme-activated protein powder



SunSpectrum

1 scoop mixed with water, juice or smoothie once per day

- Supports digestive function and repair
- Proven prebiotic & probiotic
- Helps control blood sugar



Suntheanine

1 cap in morning, 1 cap in evening

- Balances brain waves
- Amazing support for mental focus & mood

DETOX PROTOCOL

Supplement/Enzyme Schedule

Upon Waking on Empty Stomach (Empty Stomach)	1 Nattoxym 1 Serraxym 1 Seaxym 1 Theraxym 2 Suntheanine (starting week 3)
Breakfast	1 Digestxym 1 Scoop of Proteinxym (starting week 4) <i>can be used in place of breakfast</i> 1 Scoop of Sunspectrum (starting week 4)
Lunch	1 Digestxym
Dinner	1 Digestxym
Before Bed	1 Suntheanine (starting week3) 2 Nattoxym 2 Serraxym 2 Seaxym 2 Theraxym

Week 1:

Begin taking only systemic and digestive enzymes. Make NO CHANGES to diet during this week.

Week 2:

Begin Dietary Changes

Meats, vegetables and low glycemic fruits.

NO GRAINS, NO EGGS, NO DAIRY, Avoid corn and tomatoes– they cause inflammation

Processed food is discouraged.

You should not go hungry. Eat plenty.

Week 3:

Add Suntheanine into daily protocol.

If you do Lab Work then this is the time you would go over the results and make any necessary changes.'

Week 4:

Add 1 scoop of Proteinxym: can be mixed with water, almond or coconut milk. Adding fruits to this is okay as well.

Add 1 scoop of Sunspectrum: can be mixed with Proteinxym.

Continue to Week 8

Practitioner Notes:

- If client is over the age of 50, double the dose of Serraxym
- If client has IBS symptoms then begin Proteinxym on Day 1
- If client has IBS, indigestion or auto-immune problems and 2 capsules of HCL-XYM at each meal
- If client is diabetic add Proteinxym in week 5
- If client has Fibromyalgia, double the dose of Serraxym