

PHASE SUPPLEMENTS: AT A GLANCE

PREP PHASE: 30 DAYS

(OR LONGER IF NEEDED)

Start to detox the body and cleanse cells. Detox the liver, kidneys, tissues (including fatty tissues)

VISTA 1 (1 capsule, 1 soft gel) -1 in AM and 1 in afternoon
VISTA 2 - 1 in AM and 1 in afternoon
eNRG - 1 in AM and 1 in afternoon
MBC - 1 in AM
MoRs - 1 in AM
L - 1 in afternoon
K - 1 in afternoon

BRAIN PHASE: 30 DAYS

(OR LONGER IF NEEDED)

Start eliminating neurotoxins. Leaky Gut causes “leaky brain”.

MoRs - 1 in AM
GCEL - 1 in AM and 1 in afternoon
MIN - 1 in AM and 1 in afternoon
Brain DTX (ALA) - 2 in AM and 2 in afternoon

(the Brain DTX packet is taken during two, 7 day ON cycles)

CytoDetox® -

1mL in AM and afternoon for each for 7 days ON

(with brain cleanse packet)

then cycle 7 days OFF

(totaling 2 ON cycles, and 2 OFF cycles during the 30 days of the phase)

BIND - 2 at bed time/night

BODY PHASE: 30 DAYS

(OR LONGER IF NEEDED)

Start eliminating cellular toxins. Support the liver to help detox entire body.

VISTA 1 (1 capsule, 1 soft gel) -1 in AM and 1 in afternoon
MoRs - 1 in afternoon
eNRG - 1 in AM
GCEL - 2 in AM and 1 in afternoon
CytoDetox® - 0.5mL in AM and afternoon
BIND - 2 at bed time/night

CELLULAR VITALITY PHASE: 30 DAYS

(CONTINUED MAINTENANCE PROGRAM)

DV3 - 1/day
VISTA 2 - 1/day
MoRs - 1/day
GCEL - 1/day
Spectra - 1/day