

10 Day Supercharge Diet Reset Kit Daily Supplement Dosing Schedule

Time of day	Supplement	Notes/Function
On rising (no food)	2 Clear Flora	Good bacterial supplement to restore healthy gut balance, immunity, wellness, aid digestion and belly fat
Breakfast	2 capsules of Omega	Extra strength fish oil caps to aid weight loss, moisten skin, improve mood, reduce cravings, aid digestion, reduce joint pain
	2 Caps of L-Trepein	Liver detox, fat metabolism, weight loss and cravings.
Mid morning snack	Clear Fiber 1 to 2 servings per day in smoothies. Or mixed in a small amount of water, followed by a glass of water.	Balances insulin, reduces cholesterol, improves bowel movements and reduces cravings
Dinner	2 capsules of omega	Extra strength fish oil caps to aid weight loss, moisten skin, improve mood, reduce cravings, aid digestion, reduce joint pain
Before bed (no food) Optional	2 caps of L-Trepein	Liver detox, fat metabolism, weight loss and cravings.
	2 Caps of Magenisum-Glycinate or Magnesium-Citrate. This is 200 to 600mg- increase slowly to bowel tolerance	Assist sleep, reduce anxiety, aid digestion , reduce blood pressure, improve water and electrolyte balance, constipation,
	1 Zinc (30mg)	Aids hormonal balance and weight loss

- Cleanse For Life (Isagenix) Dosage: For use on the intermittent fasting day, 2 scoops in 1 liter of water, 4 times per day.