

BASIC DETOX KIT		
Time of day	Supplement	Notes/Function
On rising (no food) Test pH Levels – Spit on Strip	2 Clear Flora – keep in fridge	Good bacterial supplement to restore healthy gut balance, immunity, wellness, aid digestion overall
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
	5000 IU Vitamin D3 – 5 drops	
	1 pack – hormonal health capsules Take away from thyroid medication	To detox liver, improve hormonal balance, energy, craving control
Lunch		
Before DINNER		
Dinner (or before bed)	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	5 capsules clear detox – digestive health	Digestive detoxification, craving control

*****Bolded items are included** in Dr. Turner's Basic Detox Kit

Other Helpful Products:

Product and Dosing Instructions	Product Benefits
<ol style="list-style-type: none"> 1.) Dream Protein – For Smoothies – men should use 2 scoops women, 1 to 1.5 scoops. 2.) Clear Fiber - 1 to 2 servings per day in smoothies. Or mixed in a small amount of water, followed by a glass of water before meals or at bedtime. 3.) Quest Bars or Protein Fusion bar as an excellent meal option on the go. 4.) Magnesium Glycinate - 2 to 6 capsules at bedtime 5.) Clear Zinc 50 – Available by phone or email order only. 	<p>Protein: Fat loss, craving control, insulin balance, muscle growth</p> <p>Fiber: Balances insulin, reduces cholesterol, improves bowel movements and reduces cravings</p> <p>Protein Bar: Fat loss, craving control, insulin balance, muscle growth</p> <p>Magnesium: Bowel detox, estrogen detox, craving control, muscle spasms, constipation, BP control, improves energy and deficiency caused by high insulin</p> <p>Zinc: One capsule contains 50 mg of zinc for weight loss and hormonal balance – studies show 12 weeks of use increases fat loss and restores deficiency of zinc. Includes 3 mg of biotin and 300mg vitamin c for healthy skin, hair nails and insulin balance for fat loss.</p>