

New Wave Schedule

Make sure to shake the bottles well before use.

We use the minimal amount of additives so there could be a little sediment on the bottom.

Loading Days: You should gain weight during this phase (3-5 pounds)

- _____ Wake Up: 7 drops of Diet Drops under tongue 60-90 seconds, swish and swallow rest.
- _____ 7 hours later: 7 drops of Diets Drops under tongue 60-90 seconds, swish and swallow rest.
- _____ 7 hours later: 7 drops of Diets Drops under tongue 60-90 seconds, swish and swallow rest.

Reduction Days: Weight Loss begins in this phase. (Adjust times to your schedule.)

- _____ Wake up 7am: 7 drops Diet Drops under tongue 60-90 seconds, swish and swallow rest.
- _____ After Diet drops: 7 drops Fat Loss Drops under tongue 60-90 seconds, swish and swallow rest.
- _____ Prepare your water for the day and add a dropper of Electrolytes and drink throughout the day.
- _____ 15 minutes later 10 drops of Vitality.
- _____ 1 hour later: (Take Morning Meds, if applicable.)
- _____ 12:30pm Lunch: 4 oz protein w/ 4 oz veggies. Any amount of FREE veggies.
- _____ Right after lunch: 1 dropper (which fills up your dropper halfway) of D3 and B12 drops
- _____ 2pm: 7 drops Diet Drops under tongue 60-90 seconds, swish and swallow rest.
- _____ 2pm: 7 drops Fat Loss Drops under tongue 60-90 seconds, swish and swallow rest.
- _____ 6:30pm: Dinner: 4oz. protein w/ 4oz veggies. Any amount of FREE veggies
- _____ 9pm: 7 drops Diet Drops under tongue 60-90 seconds, swish and swallow rest.
(If you missed midday drops, you may double up here.)
- _____ 9pm: 7 drops Fat Loss Drops under tongue 60-90 seconds, swish and swallow rest.
- _____ 10pm (right before bed): 10 drops of Vitality.

Maintenance Days: You may still lose here. Focus will be locking in new weight and metabolism.

- Stop taking the Diet and Fat Loss Drops.
- Start taking **TEN (10)** Green drops two times a day 30-60 mins before lunch and dinner.
- Continue taking Vitality (morning and night) and the B12 and D3 right after lunch.