

PHASE 1 LOADING

DROPS	AMOUNT OF DROPS	WHEN	HOW MANY TIMES	HOW TO TAKE
DIET	7 DROPS	WITHIN 30 MINUTES OF WAKING UP & THEN AFTER 7 HOURS	3 TIMES; EVERY 7 HOURS	DROPPER AT 45 DEGREES IN FRONT OF MIRROR OR ON SPOON; UNDER TONGUE 60-90 SEC, SWISH AND SWALLOW WHAT IS LEFT

PHASE 2 FAT LOSS

DROPS	AMOUNT OF DROPS	WHEN	HOW MANY TIMES	HOW TO TAKE
DIET	7 DROPS	WITHIN 30 MINUTES OF WAKING UP & THEN AFTER 7 HOURS	3 TIMES; EVERY 7 HOURS	DROPPER AT 45 DEGREES IN FRONT OF MIRROR OR ON SPOON; UNDER TONGUE 60-90 SEC, SWISH AND SWALLOW WHAT IS LEFT
FAT LOSS	7 DROPS	AFTER TAKING DIET DROPS	3 TIMES; EVERY 7 HOURS	DROPPER AT 45 DEGREES IN FRONT OF MIRROR OR ON SPOON; UNDER TONGUE 60-90 SEC, SWISH AND SWALLOW WHAT IS LEFT
VITALITY	10 DROPS	UPON WAKING (15 min after pink drops) AND AT BEDTIME	TWICE A DAY	DIRECTLY UNDER THE TONGUE AND SWALLOW
B12	1 SQUEEZE TO FILL DROPPER; FILLS HALFWAY	ANYTIME AFTER LUNCH	1 TIME A DAY	DIRECTLY UNDER THE TONGUE AND SWALLOW
D3	1 SQUEEZE TO FILL DROPPER; FILLS HALFWAY	ANYTIME AFTER LUNCH	1 TIME A DAY	DIRECTLY UNDER THE TONGUE AND SWALLOW
Electrolytes	1 SQUEEZE TO FILL DROPPER; IN 1 LITER OF WATER	WHEN PREPARING YOUR WATER	TWICE A DAY	DRINK THROUGHOUT THE DAY

PHASE 3 MAINTENANCE

DROPS	AMOUNT OF DROPS	WHEN	HOW MANY TIMES	HOW TO TAKE
VITALITY	10 DROPS	UPON WAKING AND AT BEDTIME	TWICE A DAY	DIRECTLY UNDER THE TONGUE AND SWALLOW
PURE GREEN	10 DROPS	30 - 60 MINUTES BEFORE LUNCH AND BEFORE DINNER	TWICE A DAY	DIRECTLY UNDER THE TONGUE AND SWALLOW
B12	1 SQUEEZE TO FILL DROPPER; FILLS HALFWAY	ANYTIME AFTER LUNCH (UNTIL EMPTY)	1 TIME A DAY	DIRECTLY UNDER THE TONGUE AND SWALLOW
D3	1 SQUEEZE TO FILL DROPPER; FILLS HALFWAY	ANYTIME AFTER LUNCH (UNTIL EMPTY)	1 TIME A DAY	DIRECTLY UNDER THE TONGUE AND SWALLOW
Electrolytes	1 SQUEEZE TO FILL DROPPER; IN 1 LITER OF WATER	WHEN PREPARING YOUR WATER	TWICE A DAY	DRINK THROUGHOUT THE DAY