

21 Day Perfect Start Guide

DAY	ACTIVATOR	DETOXAL 21				OTHER	
Day 1	1 cap with supper	1 cap 3 x daily				Avoid processed and fast foods. Drink plenty water.	
Day 2	1 additional cap nightly as needed	Same				Same	
Day 3	Same	2 caps 3 x daily				Same	
Day 4	Same	Same				Same	
Day 5	Same	Same				Same	
			COLON DETOX				
Day 6	Same	Same	1 scp or 9 caps 3 x daily			Same	
Day 7	Same	Same	Same			Same	
Day 8	Same	Same	Same			Same	
Day 9	Same	Same	Same			Same	
Day 10	Same	Same	Same			Same	
Day 11	Same	Same	Same			Same	
Day 12	Same	Same	Same			Same	
Day 13	Same	Same	Same			Same	
Day 14	Same	Same	Same			Same	
Day 15	Same	Same	Same			Same	
Day 16	Same	Same				FREE DAY! Eat as desired.	
				ALLIPRO	LIVER TEA	H2CLEAR	
Day 17	Same			2 cap 3 x daily	3-4 cups daily	6 capsules 3 x daily	Drink 1 tbs olive oil in 8 oz apple juice. Drink 1-2 Qt. apple juice.
Day 18	Same			Same	Same	Same	Drink 3 tbs olive oil in 8 oz apple juice. Drink 1-2 Qt. apple juice.
Day 19	Same			Same	Same	Same	Drink 5 tbs olive oil in 8 oz apple juice. Drink 1-2 Qt. apple juice.
Day 20	Same			Same	Same	Same	Same
Day 21	Same			Same	Same	Same	Same

NOTE: Activator - Continue to add additional capsules nightly until desired result is achieved.
 Colon Detox - Do not begin Colon Detox until Activator completely kicks in - if it is necessary to postpone beginning Colon Detox, postpone Day 17 accordingly.
 AlliPRO - Continue at 2 caps 3 times daily until bottle is completed.