SUPPLEMENT SCHEDULE

NAME: _____ DATE: _____

SUPPLEMENTS	BREAKFAST	LUNCH	DINNER	BED TIME	AM	PM	NOTES

For **BEST** Results in **CLEANING** and **BUILDING** your body,
PLEASE DO NOT drink any Coffee, Tea, Soda.
If your Bowels get watery, cut back on your colon cleanse.
DRINK half your body weight in ounces of water daily

OTHER NOTES