

SO EASY CLEANSING FAST GUIDE: THE CLEANSING FAST PHASE			
Cleansing Fast Days 1-3	Product	Intake	Remarks
Wake up time or 7:30 am	BIO-WHEATGRASS	1 Sachet in 12 OZ or 300 ml Water in room temp. or cold water	Drink plenty of water throughout the day. Observe Mucoïd Plaque
8:00 am or Breakfast	BIO-BALANCE + BIO-DIET	2 Sachets in 12 OZ or 300 ml water in room temp. or cold water	Dissolve well and drink immediately. If possible, use a shaker
10:00 am or Snack	BIO-CELL	1 Sachet in 12 OZ or 300 ml Water in room temp. or cold water	You may drink INS high fiber as supplement
12:00 nn or Lunch	BIO-BALANCE + BIO-DIET	2 Sachets in 12 OZ or 300 ml water in room temp. or cold water	Dissolve well and drink immediately. If possible, use a shaker
3:00 pm or Snack	BIO-CELL	1 Sachet in 12 OZ or 300 ml Water in room temp. or cold water	You may drink INS high fiber as supplement
7:00 pm or Supper	BIO-BALANCE + BIO-DIET	2 Sachets in 12 OZ or 300 ml water in room temp. or cold water	Dissolve well and drink immediately. If possible, use a shaker
9:00 pm or before sleeping	BIO-WHEATGRASS	1 Sachet in 12 OZ or 300 ml Water in room temp. or cold water	

THREE PHASES OF THE PROGRAM

*PHASE ONE: Pre-Cleanse phase: Reduce food intake 2 days before embarking on the cleansing regimen. Drink lots of water
*PHASE TWO: Cleansing Fast phase: Drink plenty of water to keep hydrated in the next three days. If you become hungry in-between the scheduled intake, take a glass of INS HI-fiber drink
*PHASE THREE: Post-Cleanse phase: Break your fast slowly. In the next three day, Slowly increase your meal intake. Keep your Gastro Intestinal system clean by doing this program at least once a year.