

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p>Immediately upon waking up (on an empty stomach):</p> <p><b>Spark</b> <b>Probiotic Restore</b> <b>A.M.</b></p>	<p>Immediately upon waking up (on an empty stomach):</p> <p><b>Spark</b> <b>Probiotic Restore</b> <b>A.M.</b></p>	<p>Immediately upon waking up (on an empty stomach):</p> <p><b>Spark</b> <b>Probiotic Restore</b> <b>A.M.</b></p>	<p>Immediately upon waking up (on an empty stomach):</p> <p><b>Spark</b> <b>Probiotic Restore</b> <b>A.M.</b></p>	<p>Immediately upon waking up (on an empty stomach):</p> <p><b>Spark</b> <b>Probiotic Restore</b> <b>A.M.</b></p>
<p>30 minutes after waking up with breakfast:</p> <p><b>Fiber Drink</b></p>	<p>30 minutes after waking up with breakfast:</p> <p><b>Fiber Drink</b></p>	<p>30 minutes after waking up with breakfast:</p> <p><b>Fiber Drink</b></p>	<p>30 minutes after waking up with breakfast:</p> <p><b>Fiber Drink</b></p>	<p>30 minutes after waking up with breakfast:</p> <p><b>Fiber Drink</b></p>
<p>With Dinner:</p> <p><b>2 Omegaplex</b> <b>3 Coreplex (Optional)</b></p>	<p>With Dinner:</p> <p><b>2 Omegaplex</b> <b>3 Coreplex (Optional)</b></p>	<p>With Dinner:</p> <p><b>2 Omegaplex</b> <b>3 Coreplex (Optional)</b></p>	<p>With Dinner:</p> <p><b>2 Omegaplex</b> <b>3 Coreplex (Optional)</b></p>	<p>With Dinner:</p> <p><b>2 Omegaplex</b> <b>3 Coreplex (Optional)</b></p>
<p>Bedtime:</p> <p><b>Herbal Cleanse P.M.</b></p>	<p>Bedtime:</p> <p><b>Herbal Cleanse P.M.</b></p>	<p>Bedtime:</p> <p><b>Herbal Cleanse P.M.</b></p>	<p>Bedtime:</p> <p><b>Herbal Cleanse P.M.</b></p>	<p>Bedtime:</p> <p><b>Herbal Cleanse P.M.</b></p>

DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<p>Immediately upon waking up (on an empty stomach):</p> <p><b>Spark</b> <b>Probiotic Restore</b> <b>A.M.</b></p>	<p>Immediately upon waking up (on an empty stomach):</p> <p><b>Spark</b> <b>Probiotic Restore</b> <b>A.M.</b></p>	<p>Immediately upon waking up (on an empty stomach):</p> <p><b>Spark</b> <b>Probiotic Restore</b> <b>A.M.</b></p>	<p>Immediately upon waking up (on an empty stomach):</p> <p><b>Spark</b> <b>Probiotic Restore</b> <b>A.M.</b></p>	<p>Immediately upon waking up (on an empty stomach):</p> <p><b>Spark</b> <b>Probiotic Restore</b> <b>A.M.</b></p>
<p>30 minutes after waking up with breakfast:</p> <p><b>Fiber Drink</b></p>	<p>30 minutes after waking up with breakfast:</p> <p><b>Fiber Drink</b></p>	<p>30 minutes after waking up with breakfast:</p> <p><b>Fiber Drink</b></p>	<p>30 minutes after waking up with breakfast:</p> <p><b>Fiber Drink</b></p>	<p>30 minutes after waking up with breakfast:</p> <p><b>Fiber Drink</b></p>
<p>With Dinner:</p> <p><b>2 Omegaplex</b> <b>3 Coreplex (Optional)</b></p>	<p>With Dinner:</p> <p><b>2 Omegaplex</b> <b>3 Coreplex (Optional)</b></p>	<p>With Dinner:</p> <p><b>2 Omegaplex</b> <b>3 Coreplex (Optional)</b></p>	<p>With Dinner:</p> <p><b>2 Omegaplex</b> <b>3 Coreplex (Optional)</b></p>	<p>With Dinner:</p> <p><b>2 Omegaplex</b> <b>3 Coreplex (Optional)</b></p>
<p>Bedtime:</p> <p><b>Herbal Cleanse P.M.</b></p>	<p>Bedtime:</p> <p><b>Herbal Cleanse P.M.</b></p>	<p>Bedtime:</p> <p><b>Herbal Cleanse P.M.</b></p>	<p>Bedtime:</p> <p><b>Herbal Cleanse P.M.</b></p>	<p>Bedtime:</p> <p><b>Herbal Cleanse P.M.</b></p>