

# CLEANSE & RESTORE

A simple guide to restoring your health



## Cellular Vitality Complex

Supports healthy cell function and response. Reduces oxidative stress. Supports cellular energy, cellular function, mental clarity, and brain function. Phase 1,2, & 3

**Take 4 daily  
2 in the AM  
2 in the PM**



## Essential Oil Omega Complex

Supports joints, cardiovascular, and brain health. Supports immune and brain function. Supports skin and eyes. Phase 1,2, & 3

**Take 4 daily  
2 in the AM  
2 in the PM**



## Food Nutrient Complex

Supports cells, fights off free radicals, supports metabolism, provides energy, and supports bone, immune, and digestion. Phase 1,2, & 3

**Take 4 daily  
2 in the AM  
2 in the PM**



## Zendocrine® Complex

Supports normal cleansing of the liver, kidneys, colon, skin, and lungs. Phase 1,2, & 3

**Take 2 daily  
1 in the AM  
1 in the PM**



## Zendocrine®

Supports our body in eliminating unwanted substances and supports liver function. Phase 1

**Take 2 daily  
1 in the AM  
1 in the PM**



## Terrazyme®

Supports digestion, metabolism, and absorption of processed foods. Supports food tolerance and soothes the GI Tract. Phase 1,2, & 3

**Take 1-2  
with every  
meal**



## GX Assist®

Supports the elimination of gut pathogens and creates a healthy GI environment. Phase 2

**In phase 2  
take 1-2  
with each  
meal for 10  
days**



## PB Assist+®

Supports friendly bacterial growth. Supports immune function. Supports healthy function of the digestive tract. Phase 3

**In phase 3,  
take 1 capsule  
with each  
meal (3 total  
daily)**



## DDR Prime®

Protects the body from oxidative stress to cellular DNA. Phase 3

**Take 2 with  
breakfast**



## Lemon

Naturally cleanses, Aids in digestion, and supports organ function. Phase 1,2, & 3

**1-3 drops  
in 8-12oz of  
water 3x  
daily**

Phase 1: 10 days, Phase 2: 10 days, Phase 3: 10 days