Level 1 Schedule (Week 1 of Deep Cleanse)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Detox Mix = 10oz Purified Water + 1 Tbsp. Liquid Bentonite + 2 Tbsp. Psyllium Husks
Liquid Mix = All Liquid Herbal Extracts (may be combined into one “shot”; sprays need not be mixed into “shot”, but can also be taken at this time)
Powder Mix = Greens + Maca + any other herbs in powder form
Tablets = Any supplements in pill or tablet form, not including Probiotics

This is only an example of a deep cleanse schedule. If work or other obligations interfere, adjust the hours and use this as a guide to determine times between each cleanse activity.

Appointments/Commitments

7am Detox Mix	7am Detox Mix	7am Detox Mix	7am Detox Mix	7am Detox Mix	7am Detox Mix	7am Detox Mix
8am	8am	8am	8am	8am	8am	8am
9am Liquid Mix + Powder Mix	9am Liquid Mix + Powder Mix	9am Liquid Mix + Powder Mix	9am Liquid Mix + Powder Mix	9am Liquid Mix + Powder Mix	9am Liquid Mix + Powder Mix	9am Liquid Mix + Powder Mix
10am Tablets + Meal	10am Tablets + Meal	10 am Tablets + Meal	10am Tablets + Meal	10am Tablets + Meal	10am Tablets + Meal	10am Tablets + Meal
11am	11am	11am	11am	11am	11am	11am
12pm	12pm	12pm	12pm	12pm	12pm	12pm
1pm Detox Mix	1pm Detox Mix	1pm Detox Mix	1pm Detox Mix	1pm Detox Mix	1pm Detox Mix	1pm Detox Mix
2	2pm	2pm	2pm	2pm	2pm	2pm
3pm Tablets + Liquid Mix	3pm Tablets + Liquid Mix	3pm Tablets + Liquid Mix	3pm Tablets + Liquid Mix	3pm Tablets + Liquid Mix	3pm Tablets + Liquid Mix	3pm Tablets + Liquid Mix
4pm	4pm	4pm	4pm	4pm	4pm	4pm
5pm Meal	5pm Meal	5pm Meal	5pm Meal	5pm Meal	5pm Meal	5pm Meal
6pm	6pm	6pm	6pm	6pm	6pm	6pm
7pm	7pm	7pm	7pm	7pm	7pm	7pm
8pm Detox Mix	8pm Detox Mix	8pm Detox Mix	8pm Detox Mix	8pm Detox Mix	8pm Detox Mix	8pm Detox Mix
9pm	9pm	9pm	9pm	9pm	9pm	9pm
10pm Liquid Mix + Powder Mix, Tablets, Probiotic	10pm Liquid Mix + Powder Mix, Tablets, Probiotic	10pm Liquid Mix + Powder Mix, Tablets, Probiotic	10pm Liquid Mix + Powder Mix, Tablets, Probiotic	10pm Liquid Mix + Powder Mix, Tablets, Probiotic	10pm Liquid Mix + Powder Mix, Tablets, Probiotic	10pm Liquid Mix + Powder Mix, Tablets, Probiotic
Evening / Notes	Evening / Notes	Evening / Notes	Evening / Notes	Evening / Notes	Evening / Notes	Evening/Notes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level 2 Schedule (Week 2 of Deep Cleanse)						
Detox Mix = 10oz Purified Water + 1 Tbsp. Liquid Bentonite + 2 Tbsp. Psyllium Husks Liquid Mix = All Liquid Herbal Extracts (may be combined into one “shot”; sprays need not be mixed into “shot”, but can also be taken at this time) Powder Mix = Greens + Maca + any other herbs in powder form Tablets = Any supplements in pill or tablet form, not including Probiotics This is only an example of a deep cleanse schedule. If work or other obligations interfere, adjust the hours and use this as a guide to determine times between each cleanse activity.						
Appointments/Commitments						
7am Detox Mix	**7am Detox Mix**	**7am Detox Mix**	**7am Detox Mix**	**7am Detox Mix**	**7am Detox Mix**	**7am Detox Mix**
8am	**8am**	**8am**	**8am**	**8am**	**8am**	**8am**
9am Liquid Mix + Powder Mix	**9am Liquid Mix + Powder Mix**	**9am Liquid Mix + Powder Mix**	**9am Liquid Mix + Powder Mix**	**9am Liquid Mix + Powder Mix**	**9am Liquid Mix + Powder Mix**	**9am Liquid Mix + Powder Mix**
10am Tablets + Meal	**10am Tablets + Meal**	**10am Tablets + Meal**	**10am Tablets + Meal**	**10am Tablets + Meal**	**10am Tablets + Meal**	**10am Tablets + Meal**
11am	**11am**	**11am**	**11am**	**11am**	**11am**	**11am**
12pm	**12pm**	**12am**	**12pm**	**12pm**	**12pm**	**12pm**
1pm Detox Mix	**1pm Detox Mix**	**1pm Detox Mix**	**1pm Detox Mix**	**1pm Detox Mix**	**1pm Detox Mix**	**1pm Detox Mix**
2pm	**2pm**	**2pm**	**2pm**	**2pm**	**2pm**	**2pm**
3pm Tablets + Liquid Mix	**3pm Tablets + Liquid Mix**	**3pm Tablets + Liquid Mix**	**3pm Tablets + Liquid Mix**	**3pm Tablets + Liquid Mix**	**3pm Tablets + Liquid Mix**	**3pm Tablets + Liquid Mix**
4pm	**4pm**	**4pm**	**4pm**	**4pm**	**4pm**	**4pm**
5pm Juice (8oz-16oz)	**5pm Juice (8oz-16oz)**	**5pm Juice (8oz-16oz)**	**5pm Juice (8oz-16oz)**	**5pm Juice (8oz-16oz)**	**5pm Juice (8oz-16oz)**	**5pm Juice (8oz-16oz)**
6pm	**6pm**	**6pm**	**6pm**	**6pm**	**6pm**	**6pm**
7pm	**7pm**	**7pm**	**7pm**	**7pm**	**7pm**	**7pm**
8pm Detox Mix	**8pm Detox Mix**	**8pm Detox Mix**	**8pm Detox Mix**	**8pm Detox Mix**	**8pm Detox Mix**	**8pm Detox Mix**
9pm	**9pm**	**9pm**	**9pm**	**9pm**	**9pm**	**9pm**
10pm Liquid Mix + Powder Mix, Tablets, Probiotic	**10pm Liquid Mix + Powder Mix, Tablets, Probiotic**	**10pm Liquid Mix + Powder Mix, Tablets, Probiotic**	**10pm Liquid Mix + Powder Mix, Tablets, Probiotic**	**10pm Liquid Mix + Powder Mix, Tablets, Probiotic**	**10pm Liquid Mix + Powder Mix, Tablets, Probiotic**	**10pm Liquid Mix + Powder Mix, Tablets, Probiotic**
Evening/Notes	**Evening/Notes**	**Evening/Notes**	**Evening/Notes**	**Evening/Notes**	**Evening/Notes**	**Evening/Notes**

Level 3 Schedule (Week 3 of Deep Cleanse)

Detox Mix = 10oz Purified Water + 1 Tbsp. Liquid Bentonite + 2 Tbsp. Psyllium Husks
Liquid Mix = All Liquid Herbal Extracts (may be combined into one “shot”; sprays need not be mixed into “shot”, but can also be taken at this time)
Powder Mix = Greens + Maca + any other herbs in powder form
Tablets = Any supplements in pill or tablet form, not including Probiotics

This is only an example of a deep cleanse schedule. If work or other obligations interfere, adjust the hours and use this as a guide to determine times between each cleanse activity.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Appointments/Commitments						
7am Detox Mix	7am Detox Mix	7am Detox Mix	7am Detox Mix	7am Detox Mix	7am Detox Mix	7am Detox Mix
8am	8am	8am	8am	8am	8am	8am
9am Liquid Mix + Powder Mix	9am Liquid Mix + Powder Mix	9am Liquid Mix + Powder Mix	9am Liquid Mix + Powder Mix	9am Liquid Mix + Powder Mix	9am Liquid Mix + Powder Mix	9am Liquid Mix + Powder Mix
10am Tablets + Juice* (8oz - 16oz)	10am Tablets + Juice* (8oz - 16oz)	10am Tablets + Juice* (8oz - 16oz)	10am Tablets + Juice* (8oz - 16oz)	10am Tablets + Juice* (8oz - 16oz)	10am Tablets + Juice* (8oz - 16oz)	10am Tablets + Juice* (8oz - 16oz)
11am	11am	11am	11am	11am	11am	11am
12pm	12pm	12pm	12pm	12pm	12pm	12pm
1pm Detox Mix	1pm Detox Mix	1pm Detox Mix	1pm Detox Mix	1pm Detox Mix	1pm Detox Mix	1pm Detox Mix
2pm	2pm	2pm	2pm	2pm	2pm	2pm
3pm Tablets + Liquid Mix	3pm Tablets + Liquid Mix	3pm Tablets + Liquid Mix	3pm Tablets + Liquid Mix	3pm Tablets + Liquid Mix	3pm Tablets + Liquid Mix	3pm Tablets + Liquid Mix
4pm	4pm	4pm	4pm	4pm	4pm	4pm
5pm Juice* (6oz - 12oz)	5pm Juice* (6oz - 12oz)	5pm Juice* (6oz - 12oz)	5pm Juice* (6oz - 12oz)	5pm Juice* (6oz - 12oz)	5pm Juice* (6oz - 12oz)	5pm Juice* (6oz - 12oz)
6pm	6pm	6pm	6pm	6pm	6pm	6pm
7pm	7pm	7pm	7pm	7pm	7pm	7pm
8pm Detox Mix	8pm Detox Mix	8pm Detox Mix	8pm Detox Mix	8pm Detox Mix	8pm Detox Mix	8pm Detox Mix
9pm	9pm	9pm	9pm	9pm	9pm	9pm
10pm Liquid Mix + Powder Mix, Tablets, Probiotic	10pm Liquid Mix + Powder Mix, Tablets, Probiotic	10pm Liquid Mix + Powder Mix, Tablets, Probiotic	10pm Liquid Mix + Powder Mix, Tablets, Probiotic	10pm Liquid Mix + Powder Mix, Tablets, Probiotic	10pm Liquid Mix + Powder Mix, Tablets, Probiotic	10pm Liquid Mix + Powder Mix, Tablets, Probiotic
Evening/Notes	Evening/Notes	Evening/Notes	Evening/Notes	Evening/Notes	Evening/Notes	Evening/Notes