

HealthTrim®
Supplement Guide

Cleanse Days	Shake Days
Exercise at least 20 min	Exercise at least 20 min
Drink ten 8 oz. glasses of water	Drink ten 8 oz. glasses of water
No solid meals; eat raw vegetables, vegetable juice or broth	One low-fat, high fiber meal and two shakes or two meals and one shake
Metabolic Boost 2 to 3 capsules taken in the morning and afternoon	Metabolic Boost 2 to 3 capsules 15-20 minutes before breakfast and lunch
Ionic Blend 1 to 2 oz. daily	Ionic Blend 1 to 2 oz. daily
Natural Cleanse Begin with 1 capsule taken first thing in the morning or last thing in the evening with 8 oz. water. Increase your intake by 1 capsule each day until you achieve 2 to 3 healthy bowel movements every day	Natural Cleanse Begin with 1 capsule taken first thing in the morning or last thing in the evening with 8 oz. water. Increase your intake by 1 capsule each day until you achieve 2 to 3 healthy bowel movements every day
Fasting Solution 4 oz. combined with 8 oz. water or by itself; 4x daily	Fasting Solution Optional
Appetite Chews As needed, up to 4 chews per day	Appetite Chews As needed between meals, up to 4 chews per day
Meal Replacement Shake As needed 1 or 2 servings a day as a meal replacement	Meal Replacement Shake 1 or 2 servings a day as a meal replacement
Fruit & Fiber Mix As needed 1 serving mixed with 8 oz. of water or juice Can also be added to Shakes	Fruit & Fiber Mix 1 serving mixed with 8 oz. of water or juice taken 20 minutes before any meal to curb appetite. Can also be added to Shakes