

SHAPE DE_XISE

„BASIC“ CLEAN PLAN | US



#notice: Our products are purely natural products, which may settle in the cans.
Please weigh out each of the powder products at least once to make sure you have the exact amount.

| #clean | on empty stomach | breakfast 30 min later | lunch | dinner | before sleeping |
|----------------|---|---------------------------|-------|--------|-----------------------|
| msm greens | 0.28 oz. with 1 glass | | | | 0.28 oz. with 1 glass |
| alka basics | | 2 capsules | | | 2 capsules |
| alka bath | 2 - 3 times a week a 45 minute foot or full body bath | | | | |
| #burn | on empty stomach | breakfast 30 min later | lunch | dinner | before sleeping |
| burner | | 2 capsules | | | 2 capsules |
| #build | on empty stomach | breakfast 30 min later | lunch | dinner | before sleeping |
| daily 365 | 2 capsules | | | | 2 capsules |
| essence aminos | | 0.53 oz. with 1 glass | | | |

SHAPE RE_XISE

„BASIC“ CLEAN PLAN

| | | | | | |
|-----------|------------|--|--|--|------------|
| daily 365 | 2 capsules | | | | 2 capsules |
|-----------|------------|--|--|--|------------|