

SHAPE DE_XISE

„PREMIUM“ 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 if you ordered the alka 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			
nutrition shakes	2 shakes per day with 1.4 cups or more liquid either as breakfast, as lunch or dinner (see Shape Guide)				
Level 5 Saturation	Add the „Level 5 Saturation“ booster additionally either directly into the shake or shake it up with ± 3.5 oz (100 ml) of liquid to prevent this unpleasant feeling of hunger.				