SUGGESTIONS FOR USE:

Take with meals. It is recommended that you limit intake of fat, sugars, and caffeine, and increase the use of more acidic foods (e.g., apples, onions, garlic, chilis, spices, etc.) while engaging in this purification program*.

Foods to Avoid*

- Raw or uncooked beef, pork, fish, chicken
- Sugars, and carbohydrates
- Mountain stream water
- Unwashed vegetables and fruits

Foods to Increase*:

- Pumpkin seeds
- Garlic
- Cranberry Juice
- Pomegranates
- Apple cider vinegar

Products you will need to complete the 60-day Purification Program:

- 4 bottles Maximol Solutions*
- 4 bottles of Purge*
- 2 bottles of Feelin' Good* (can also add New Vera liquiceutical)
- 2 bottles Protozymes*

In order to purge parasites you need to provide a harsh environment for them and a continuous liquid flow to eliminate them from your system^{*}. Water (preferably distilled, but purified is okay) in high quantities will keep your body hydrated and support the elimination of toxins and parasites^{*}. You will notice that for the average person a gallon of distilled water is recommended each day^{*}. There is an important reason for this. The most important part of an intestinal cleanse is to adequately hydrate yourself. This will help to flush out toxins and avoid constipation^{*}. You may choose to follow a more precise formula for daily water consumption based on your body weight. This will help you determine the appropriate amount of water to drink each day.

Body weight $\div 2 + 50 =$ daily water requirement (in ounces)

Take your body weight, divide it by two, and add 50. This will equal the amount (in ounces) of water you should consume daily*. For example, a 160-pound individual using the above formula would need 130 ounces (slightly over a gallon) of water daily.

Color coding below emphasizes slight changes in daily protocols. $\frac{1}{2}$ oz. = 1 TBS.

*These products have not been clinically tested as formulas for any condition and no claims are being made for the effectiveness of them. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Day 15:

Day 20:

Day 19:

Day 18:

Day 17:

Day 16:

5 Feelin' Good (per day)

1 Protozymes (morning)

1 Protozymes (evening)

5 Feelin' Good (per day)

1 Protozymes (morning)

1 Protozymes (evening)

5 Feelin' Good (per day)

1 Protozymes (morning)

1 Protozymes (evening)

5 Feelin' Good (per day)

1 Protozymes (morning)

1 Protozymes (evening)

5 Feelin' Good (per day)

1 Protozymes (morning)

1 Protozymes (evening)

5 Feelin' Good (per day)

1 Protozymes (morning)

1 Protozymes (evening)

3 Purge (morning)

2 Purge (evening)

1 gallon water

3 Purge (morning)

2 Purge (evening)

1 gallon water

3 Purge (morning)

2 Purge (evening)

1 gallon water

3 Purge (morning)

2 Purge (evening)

1 gallon water

3 Purae (mornina)

2 Purge (evening)

1 gallon water

1/2 oz. Maximol Solutions (morning)

1/2 oz. Maximol Solutions (evening)

1/2 oz. Maximol Solutions (morning)

1/2 oz. Maximol Solutions (evening)

1/2 oz. Maximol Solutions (morning)

1/2 oz. Maximol Solutions (evening)

1/2 oz. Maximol Solutions (morning)

1/2 oz. Maximol Solutions (evening)

1/2 oz. Maximol Solutions (morning)

1/2 oz. Maximol Solutions (evening)

1/2 oz. Maximol Solutions (morning)

1/2 oz. Maximol Solutions (evening)

3 Purge (morning)

2 Purge (evening)

1 gallon water

Day 1:

- 5 Feelin' Good (morning)
- 1/2 oz. Maximol Solutions (morning)
- 1 Protozymes (morning)
- 6 Feelin' Good (evening)
- 1/2 oz. Maximol Solutions (evening) 1 Protozymes (evening)
- 1 gallon water

<u>Day 2:</u>

- 5 Feelin' Good (morning)
- 1/2 oz. Maximol Solutions (morning)
- 1 Protozymes (morning)
- 6 Feelin' Good (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 Protozymes (evening)
- 1 gallon water

Day 3:

- 5 Feelin' Good (per day)
- 3 Purge (morning)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 2 Purge (evening)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

Day 4:

- 5 Feelin' Good (per day)
- 3 Purge (morning)
- 1 Protozymes (morning)
- ¹/₂ oz. Maximol Solutions (morning)
- 2 Purge (evening)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

- Day 5: 5 Feelin' Good (per day)
- 3 Purge (morning)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 2 Purge (evening)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

Day 6:

- 5 Feelin' Good (per day)
- 3 Purge (morning)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 2 Purge (evening)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

Day 7:

- 5 Feelin' Good (morning)
- 3 Purge (morning)
- 1/2 oz. Maximol Solutions (morning)
- 1 Protozymes (morning)
- 6 Feelin' Good (evening)
- 2 Purge (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 Protozymes (evening)
- 1 gallon water

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Day 8:

- 5 Feelin' Good (per day)
- 3 Purge (morning)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 2 Purge (evening)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

Day 9:

- 5 Feelin' Good (per day)
- 3 Purge (morning)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 2 Purge (evening)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

Day 10:

- 5 Feelin' Good (per day)
- 3 Purge (morning)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 2 Purge (evening)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

Day 11:

- 5 Feelin' Good (per day)
- 3 Purge (morning)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 2 Purge (evening)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

Day 14:

Day 13:

Day 12: 5 Feelin' Good (per day)

2 Purge (evening)

1 gallon water

1 Protozymes (morning)

1 Protozymes (evening)

5 Feelin' Good (per day)

1 Protozymes (morning)

1 Protozymes (evening)

5 Feelin' Good (morning)

1 Protozymes (morning)

6 Feelin' Good (evening) 2 Purge (evening)

1 Protozymes (evening)

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1 gallon water

3 Purge (morning)

3 Purge (morning)

2 Purae (evenina)

1 gallon water

1/2 oz. Maximol Solutions (morning)

1/2 oz. Maximol Solutions (evening)

1/2 oz. Maximol Solutions (morning)

1/2 oz. Maximol Solutions (evening)

1/2 oz. Maximol Solutions (morning)

1/2 oz. Maximol Solutions (evening)

Day 35:

5 Feelin' Good (morning)

1 Protozymes (morning)

6 Feelin' Good (evening)

1 Protozymes (evening)

5 Feelin' Good (per day)

1 Protozymes (morning) 1/2 oz. Maximol Solutions (morning)

1 Protozymes (evening)

5 Feelin' Good (per day)

1 Protozymes (morning)

1 Protozymes (evening)

5 Feelin' Good (per day)

1 Protozymes (morning) 1/2 oz. Maximol Solutions (morning)

1 Protozymes (evening)

5 Feelin' Good (per day)

1 Protozymes (morning)

1 Protozymes (evening)

5 Feelin' Good (per day)

1 Protozymes (morning)

1 Protozymes (evening)

5 Feelin' Good (per day)

1 Protozymes (morning)

1 Protozymes (evening)

3 Purge (morning)

2 Purge (evening)

1 gallon water

3 Purge (morning)

2 Purge (evening)

1 gallon water

3 Purge (morning)

2 Purge (evening)

1 gallon water

1/2 oz. Maximol Solutions (evening)

1/2 oz. Maximol Solutions (morning)

1/2 oz. Maximol Solutions (evening)

1/2 oz. Maximol Solutions (morning)

1/2 oz. Maximol Solutions (evening)

1/2 oz. Maximol Solutions (morning)

1/2 oz. Maximol Solutions (evening)

3 Purge (morning)

2 Purge (evening)

1 gallon water

3 Purge (morning)

2 Purge (evening)

1 gallon water

1/2 oz. Maximol Solutions (evening)

1/2 oz. Maximol Solutions (morning)

1/2 oz. Maximol Solutions (evening)

3 Purae (mornina)

2 Purge (evening)

1 gallon water

1/2 oz. Maximol Solutions (morning)

1/2 oz. Maximol Solutions (evening)

3 Purge (morning)

2 Purge (evening)

1 gallon water

Day 41:

Day 40:

Day 39:

Day 38:

Day 37:

Day 36:

Day 21:

- 5 Feelin' Good (morning)
- 3 Purge (morning)
- 1/2 oz. Maximol Solutions (morning)
- 1 Protozymes (morning)
- 6 Feelin' Good (evening)
- 2 Purge (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 Protozymes (evening) 1 gallon water

- Day 22:
- 5 Feelin' Good (per day)
- 3 Purge (morning)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 2 Purge (evening)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

Day 23:

- 5 Feelin' Good (per day)
- 3 Purge (morning)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 2 Purge (evening)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

Day 24:

- 5 Feelin' Good (per day)
- 3 Purge (morning)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 2 Purge (evening)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

Day 25:

- 5 Feelin' Good (per day)
- 3 Purge (morning)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 2 Purge (evening)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

Day 26:

- 5 Feelin' Good (per day)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

Day 27:

- 5 Feelin' Good (per day)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

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Day 28:

- 5 Feelin' Good (morning)
- 1/2 oz. Maximol Solutions (morning)
- 1 Protozymes (morning)
- 6 Feelin' Good (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 Protozymes (evening)
- 1 gallon water

<u>Day 29:</u>

- 5 Feelin' Good (per day)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

Day 30:

- 5 Feelin' Good (per day)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

Day 31:

- 5 Feelin' Good (per day)
- 3 Purge (morning)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 2 Purge (evening)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

Day 32:

Day 34:

Day 33:

- 5 Feelin' Good (per day)
- 3 Purge (morning)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 2 Purge (evening)
- 1 Protozymes (evening) 1 gallon water
- 1/2 oz. Maximol Solutions (evening)

5 Feelin' Good (per day)

1 Protozymes (morning)

1 Protozymes (evening)

5 Feelin' Good (per day)

1 Protozymes (morning)

1 Protozymes (evening)

3 Purge (morning)

2 Purge (evening)

1 gallon water

1/2 oz. Maximol Solutions (morning)

1/2 oz. Maximol Solutions (evening)

1/2 oz. Maximol Solutions (morning)

1/2 oz. Maximol Solutions (evening)

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3 Purge (morning)

2 Purge (evening)

1 gallon water

Day 55:

5 Feelin' Good (per day)

1 Protozymes (morning)

1 Protozymes (evening)

5 Feelin' Good (morning)

1 Protozymes (morning)

6 Feelin' Good (evening)

1 Protozymes (evening)

5 Feelin' Good (per day)

1 Protozymes (morning)

1 Protozymes (evening)

5 Feelin' Good (per day)

1 Protozymes (morning)

1 Protozymes (evening)

5 Feelin' Good (per day)

1 Protozymes (morning)

1 Protozymes (evening)

5 Feelin' Good (per day)

1 Protozymes (morning) 1/2 oz. Maximol Solutions (morning)

1 Protozymes (evening)

1 gallon water

1/2 oz. Maximol Solutions (morning)

1/2 oz. Maximol Solutions (evening)

1/2 oz. Maximol Solutions (morning)

1/2 oz. Maximol Solutions (evening)

1/2 oz. Maximol Solutions (morning)

1/2 oz. Maximol Solutions (evening)

1/2 oz. Maximol Solutions (morning)

1/2 oz. Maximol Solutions (evening)

1/2 oz. Maximol Solutions (morning)

1/2 oz. Maximol Solutions (evening)

1/2 oz. Maximol Solutions (evening)

3 Purge (morning)

2 Purge (evening)

1 gallon water

Day 60:

Day 59:

Day 58:

Day 57:

Day 56:

Day 42:

- 5 Feelin' Good (morning)
- 3 Purge (morning)
- 1/2 oz. Maximol Solutions (morning)
- 1 Protozymes (morning)
- 6 Feelin' Good (evening) 2 Purge (evening)
- 1/2 oz. Maximol Solutions (evening) 1 Protozymes (evening)
- 1 gallon water

Day 43:

- 5 Feelin' Good (per day)
- 3 Purae (mornina)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 2 Purge (evening)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

Day 44:

- 5 Feelin' Good (per day)
- 3 Purge (morning)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 2 Purge (evening)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

Day 45:

- 5 Feelin' Good (per day)
- 3 Purge (morning)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 2 Purge (evening)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

Day 46:

- 5 Feelin' Good (per day)
- 3 Purge (morning)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 2 Purge (evening)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

Day 47:

- 5 Feelin' Good (per day)
- 3 Purge (morning)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 2 Purge (evening)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

Day 48:

- 5 Feelin' Good (per day)
- 3 Purge (morning)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 2 Purge (evening)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

Day 49:

- 5 Feelin' Good (morning)
- 3 Purge (morning)
- 1/2 oz. Maximol Solutions (morning)
- 1 Protozymes (morning)
- 6 Feelin' Good (evening)
- 2 Purge (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 Protozymes (evening)
- 1 gallon water

Day 50

- 5 Feelin' Good (per day)
- 3 Purge (morning)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 2 Purge (evening)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

Day 51

- 5 Feelin' Good (per day)
- 3 Purge (morning)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)
- 2 Purge (evening)
- 1 Protozymes (evening)
- 1/2 oz. Maximol Solutions (evening)
- 1 gallon water

Day 52:

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Day 54:

Day 53:

- 5 Feelin' Good (per day)
- 3 Purae (mornina)
- 1 Protozymes (morning)
- 1/2 oz. Maximol Solutions (morning)

5 Feelin' Good (per day)

1 Protozymes (morning)

1 Protozymes (evening)

5 Feelin' Good (per day)

1 Protozymes (morning) 1/2 oz. Maximol Solutions (morning)

1 Protozymes (evening)

1/2 oz. Maximol Solutions (evening)

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3 Purge (morning)

2 Purge (evening)

1 gallon water

3 Purge (morning)

2 Purge (evening)

1 gallon water

1/2 oz. Maximol Solutions (evening)

1/2 oz. Maximol Solutions (morning)

1/2 oz. Maximol Solutions (evening)

2 Purge (evening) 1 Protozymes (evening)

1 gallon water