Ultimate Super Charged Cleanse and Fat Burning Kit

Products Included
DK 48HR Super Charged Cleanse
Thermo Bubbles
Probiotic Balance™

2-Day Wellness Regime

For 2 days, you will replace all meals with the DK 48HR Super Charged Cleanse mix
No Alcohol, No Breads, No Coffee, No Starchy Carbs, No Dairy, No Extra Sweets, No Fruits

Morning	1. First thing each morning, Mix 4 fl oz. of DK 48HR Super Charged Cleanse formula with 4 fl oz. water. Sip it ***s-l-o-w-l-y.*** 2. Drink plenty of water for enhanced hydration. Also recommended: Vitamin Mineral Super Juice.
Afternoon	3. 30-minutes prior to lunch: Drink one Thermo Bubbles to help with appetite control, boost your metabolism and keep you energized. 4. Mix 4 fl oz of DK 48HR Super Charged Cleanse formula with 4 fl oz. water. Sip it ***s-l-o-w-l-y.*** 5. Again, in mid-afternoon: Mix 4 fl oz. of DK 48HR Super Charged Cleanse formula with 4 fl oz. water. Sip it ***s-l-o-w-l-y.*** 6. Be sure to stay hydrated with water, green tea or herbal tea, or Vitamin Mineral Super Juice.
Evening	7. Mix 4 fl oz. of DK 48HR Super Charged Cleanse formula with 4 fl oz. water. Sip it ***s-l-o-w-l-y.***

Next 30 Days and Beyond

Daily	Boost your immune system and improve your digestive health by taking one capsule of PROBIOTIC BALANCE™ daily. Continue for 30 days or more for overall health. Stay away from those foods that you've found addictive in the past. Start fresh with a clean and healthy diet full of green veggies and lean proteins such as skinless grilled fish or chicken, and fiber-rich quinoa, lentils or beans. Follow my five-meals-a-day plan. For more information, suggestions and recipes on what to eat, check out my book "The Ultimate New York Body Plan."

DAVID KIRSCH WELLNESS CO

ONE OF A KIND SUPPLEMENTS®