



Contact Amy Salerno, NC

Cell/ Text: 914-393-0513

Approximate Retail pricing shown

# BioClean&Lean-14

## BEAUTY INSIDE OUT | 14-DAY CLEANSING PROGRAM

### The 14-day Cleansing Program consists of:

- Meal Replacement Protein Shake 2x/day (see reverse for recipe)
- One Powdered Drink 2x/day (consists of 3 formulas)
- One ALAmax CR tablet s 2x a day
- One Fizzy Drink: Electrolyte Appetite Suppressant 1x/day
- Olive oil & lemon liver flush

### INSTRUCTIONS:

#### Upon waking up - Olive Oil Liver Flush Drink

#### In a glass of water add:

- 1 tbsp of olive oil
- Squeeze of lemon

#### 15 Minutes later: Coffee/Tea

#### 30 minutes later: Mix powders in water & drink w/ALAMax CR tablet (take am/pm)

- 1 scoop IG 26 Plus
- 1 scoop of OptiMag Neuro Mixed Berry
- 1 scoop XymobolX fruit flavor
- ♦ 1 tablet: 1 ALAMax CR

#### Mid-morning or before 3 pm:

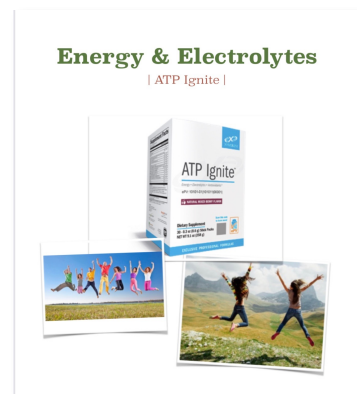
- **ATP Ignite drink:** 1 sachet pre-workout for energy or as a coffee replacement or appetite



**SIGN UP NOW!** Follow Elimination Diet during the 14-day Shake / Supplement Program



\$47.00



\$20.00 (10 stick packs)



\$43.00



\$43.00



\$63.00

**2x/day: Breakfast & Lunch or Dinner Protein Detox Shake:**

This shake should be made in a blender with 10-12oz of unsweetened organic coconut milk or water....Blend:

- 1 sc. OptiClean Protein (chocolate or vanilla)
- 1 scoop Fit Food Lean Collagen Peptides
- 1/2 sc starting dose OptiFiber Lean powder
- 1 Probiomax Plus sachet
- ◆ Add a handful of Organic Power Greens, Kale or Spinach
- ◆ Add frozen fruit: raspberries, mangoes, blueberries or blackberries
- ◆ Add 1 svg. of each from the optional Ingredients column

**Follow Diet: Modified Elimination / Gluten Free**

**Before, During and/or After Program:**

- Measure BIA / Weight / Waist Circumference
- Symptom surveys
- Easy Exercise Program
- Sauna Therapy
- Zoom check-ins

**Shake Ingredients:**



\$76.00



\$68.00



\$42.00



\$65.00

**Optional Formulas:**



\$99.99



\$35.00



\$40.00



\$8.00

To Enroll in Program - Contact Amy Salerno - XYMOGEN / WholeScripts Nutritional Consultant & Program Health Coach (914) 393-0513 or [clean14detox@gmail.com](mailto:clean14detox@gmail.com)