

DR. MARK HYMAN

THE BLOOD SUGAR SOLUTION

10-DAY DETOX DIET

The 10-Day Detox Diet Basic Supplement Pack - PureLean Pure Pack Kit

What time?	What Pill? And how many?
15 minutes before breakfast	SlimStyles PGX Daily Singles - 1 pack with 8 oz. water
With breakfast	Purelean Pure Pack - 2 multivitamin (tan pill)
	Vitamin D3 1000 IUs - 1 pill
15 minutes before lunch	SlimStyles PGX Daily Singles - 1 pack with 8 oz. water
15 minutes before dinner	SlimStyles PGX Daily Singles - 1 pack with 8 oz. water
With dinner	From Purelean Pure Pack <ul style="list-style-type: none">◦ 1 multivitamin (tan pill)◦ 1 Magnesium glycinate (white pill),◦ 1 Taurine (white pill),◦ 1 Alpha Lipoic Acid (red tint pill)◦ 1 EPA/DHA (golden pill)
	Vitamin D3 1000 IUs - 1 pill

*** The suggested schedule above maximizes absorption, however if you prefer to take ALL supplements in your PureLean Pure Pack with one meal you can.**