

DR. MARK HYMAN

THE BLOOD SUGAR SOLUTION

# 10-DAY DETOX DIET

## 10-Day Detox Basic Supplement Pack - Wellness Essentials Healthy Balance Kit

What time?	What Pill? And how many?
15 minutes before breakfast	SlimStyles PGX Daily Singles - 1 pack with 8 oz. water
With breakfast	From Metagenics - Wellness Essentials Healthy Balance: <ul style="list-style-type: none"><li>◦ 1 Multivitamin (green pill),</li><li>◦ 1 EPA/DHA (gold pill),</li><li>◦ 1 MetaGlycemX (tan pill),</li><li>◦ 1 MetaLipoate (yellow pill)</li></ul> 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 Metagenics - Wellness Essentials Healthy Balance: <ul style="list-style-type: none"><li>◦ 1 EPA/DHA (gold pill),</li><li>◦ 1 MetaGlycemX (tan pill),</li><li>◦ 1 MetaLipoate (yellow pill) at dinner.</li></ul> Vitamin D3 1000 IUs - 1 pill
<b>* The suggested schedule above maximizes absorption, however if you prefer to take ALL supplements in your Metagenics Wellness Essentials Healthy Balance with one meal you can.</b>	