

# Supplement Checklist for Days 1-7

Remember: Always follow the advice and directions of your Physician.

Please note that the below checklist contains the **maximum** number of shakes and only the core products.

This checklist also contains BOTH fiber supplements (the powder and the capsules). Your practitioner will recommend one or the other. **Do not take both.** The fiber supplements have been indicated in blue with a double '\*\*'.

## Morning

- SP Complete Shake
  - 2 tablespoons (2 scoops) SP Complete
  - 1 tablespoon (1 scoop) Whole Food Fiber \*\*
- 7 SP Cleanse capsules
- 3 Gastro-Fiber capsules \*\*

## Late Morning

- SP Complete Shake
  - 2 tablespoons (2 scoops) SP Complete

## Afternoon

- SP Complete Shake
  - 2 tablespoons (2 scoops) SP Complete
  - 1 tablespoon (1 scoop) Whole Food Fiber \*\*
- 7 SP Cleanse capsules
- 3 Gastro-Fiber capsules \*\*

## Late Afternoon

- SP Complete Shake
  - 2 tablespoons (2 scoops) SP Complete

## Evening

- SP Complete Shake
  - 2 tablespoons (2 scoops) SP Complete
  - 1 tablespoon (1 scoop) Whole Food Fiber \*\*
- 7 SP Cleanse capsules
- 3 Gastro-Fiber capsules \*\*

# Supplement Checklist for Days 8-21

Remember: Always follow the advice and directions of your Physician.

Please note that the below checklist contains the **maximum** number of shakes and only the core products.

This checklist also contains BOTH fiber supplements (the powder and the capsules). Your practitioner will recommend one or the other. **Do not take both.** The fiber supplements have been indicated in blue with a double '\*\*'.

## Morning

- SP Complete Shake
  - 2 tablespoons (2 scoops) SP Complete
  - 1 tablespoon (1 scoop) Whole Food Fiber \*\*
- 5 SP Green Food capsules
- 3 Gastro-Fiber capsules \*\*

## Late Morning

- SP Complete Shake
  - 2 tablespoons (2 scoops) SP Complete

## Afternoon

- SP Complete Shake
  - 2 tablespoons (2 scoops) SP Complete
  - 1 tablespoon (1 scoop) Whole Food Fiber \*\*
- 3 Gastro-Fiber capsules \*\*

## Late Afternoon

- SP Complete Shake
  - 2 tablespoons (2 scoops) SP Complete

## Evening

- SP Complete Shake
  - 2 tablespoons (2 scoops) SP Complete
  - 1 tablespoon (1 scoop) Whole Food Fiber \*\*
- 5 SP Green Food capsules
- 3 Gastro-Fiber capsules \*\*