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 all suggested supplements. Suggested supplements have been indicated in orange *italics* and with a '*'.

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 **
  - *2 tablespoons (2 scoops) Whey Pro Complete **
- ❑ 7 SP Cleanse capsules
- ❑ 3 Gastro-Fiber capsules **
- ❑ *1 Gymnema tablet **
- ❑ *2 Tuna Omega-3 Oil perles **

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 **
- ❑ *1 Gymnema tablet **

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 **
  - *2 tablespoons (2 scoops) Whey Pro Complete **
- ❑ 7 SP Cleanse capsules
- ❑ 3 Gastro-Fiber capsules **
- ❑ *1 Gymnema tablet **
- ❑ *2 Tuna Omega-3 Oil perles **

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 all suggested supplements. Suggested supplements have been indicated in orange *italics* and with a '*'.

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 **
  - *2 tablespoons (2 scoops) Whey Pro Complete **
- ❑ 5 SP Green Food capsules
- ❑ 3 Gastro-Fiber capsules **
- ❑ *1 Gymnema tablet **
- ❑ *2 Tuna Omega-3 Oil perles **

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 **
- ❑ *1 Gymnema tablet **

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 **
  - *2 tablespoons (2 scoops) Whey Pro Complete **
- ❑ 5 SP Green Food capsules
- ❑ 3 Gastro-Fiber capsules **
- ❑ *1 Gymnema tablet **
- ❑ *2 Tuna Omega-3 Oil perles **