

FASTING CONDITION PROTOCOL

Supplementation Regimen:

- Fasting Kit | Fasting Pak & Essential Glutathione w/ Electrolytes
 - Vitamin & Mineral packet in the morning
 - Glutathione with Electrolytes at noon
 - Probiotic packet later on in the evening

Fasting Regimen:

- Utilize the “Fasting Tracker” in the 63 for Me mobile app
Search in the app store, download, enter your Health Professional’s OHS Code - if you do not have a Health Professional’s code, use code FITNESS

Nutrition Regimen:

- Water
- After fast utilize the 63 for Me eating regimen



*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease