

Jump Start 30-Day Cleanse Guide

CLEANSE			NOURISH			
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 4 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 4 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 4 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> 1 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> 1 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> 1 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> 1 TruPURE <input type="checkbox"/> 1 TruSHAPE
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 4 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> 1 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> 1 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> 1 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> 1 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> 1 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> 1 TruPURE <input type="checkbox"/> 1 TruSHAPE
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 4 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> 1 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> 1 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> 1 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> 1 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> 1 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> 1 TruPURE <input type="checkbox"/> 1 TruSHAPE
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 4 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> 1 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> 1 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> 1 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> 1 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> 1 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> 1 TruPURE <input type="checkbox"/> 1 TruSHAPE
DAY 29	DAY 30	CLEANSE DAYS 4 TruPURE 1 TruSHAPE Unlimited Veggies 		NOURISH DAYS 1 TruPURE 1 TruSHAPE Unlimited Veggies  Healthy Meal 		
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 4 TruPURE <input type="checkbox"/> 1 TruSHAPE 	<input type="checkbox"/> 1 TruPURE <input type="checkbox"/> 1 TruSHAPE 					



HOW TO USE

1 slimstick



8-12 oz. water



WHEN TO USE

NOURISH DAYS

1 x Daily if Desired
DRINK PLENTY OF WATER

CLEANSE DAYS

4 x Daily
1 Slimstick in Morning,
Noon, Dinner, Evening



HOW TO USE

1 capsule



8 oz. water



WHEN TO USE

NOURISH AND CLEANSE DAYS

1 x Daily
with Food or
TruPLENISH Shake