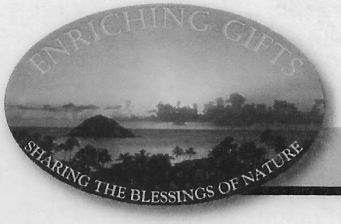


RONALD K. SCHNEIDER FOUNDER AND MANAGING DIRECTOR
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*How to Use Enriching Gifts (Living Enzymes)*
*Scientifically (Enzyme Based) Nutritional Supplements*
*To Address Degenerative Conditions And Deteriorating Health!*

***Formulations developed over 27 years of researched clinical studies and monitored in over 60,000 people for safe and extraordinary results!***

*We have an expert at our fingertips, making himself personally available to answer your questions regarding health concerns. Take advantage of his generosity as he shares his knowledge and expertise.*

***Join Ron's weekly Conference Calls every Wednesday evenings at 6:00 p.m. Mountain Standard Time at 1-563-999-2090 PIN: 921008#***

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***SHARING THE BLESSING OF NATURE***

*Why take drugs when you can take* ***(Living Enzymes)***
*And potentially stop health problems before they happen?*

| Week 1<br><br>DAY & DATE | #1<br>Plant Enzymes<br><br>1@Evening<br>Meal only | #2-Sterol Max 1st Mth<br>6 One-Hour<br>Before Breakfast<br>On Empty Stomach* | #3<br>Daily Detox<br>1 @ Breakfast<br>1@ Dinner | #4<br>ProBiotics<br>6-Daily<br>2@ Each<br>Meal | #5 Vitamins-15min<br>Prior to Meals<br>2@ Morning<br>2@ Afternoon<br>1@Evening |
|---|---|---|---|---|---|
| Sunday | ❑ | ❑ ❑ ❑ ❑ ❑ ❑ | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Monday | ❑ | ❑ ❑ ❑ ❑ ❑ ❑ | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Tuesday | ❑ | ❑ ❑ ❑ ❑ ❑ ❑ | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Wednesday | ❑ | ❑ ❑ ❑ ❑ ❑ ❑ | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Thursday | ❑ | ❑ ❑ ❑ ❑ ❑ ❑ | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Friday | ❑ | ❑ ❑ ❑ ❑ ❑ ❑ | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Saturday | ❑ | ❑ ❑ ❑ ❑ ❑ ❑ | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |

| Weekly<br><br>DAY & DATE | #6<br>Metabolic<br>Complete<br>2 or 4 Daily<br>With Meal | #7<br>Aloe<br>Ace-Max<br>4-6 Daily<br>2@Each Meal | #8<br>Heart Algae<br>2 or 4 Daily<br>1-2 @ Breakfast<br>1-2 @ Dinner | #9<br>Coral<br>Calcium<br>3-Daily<br>1@Each<br>Meal | #10<br>Lightning Colloidal Silver<br>(Use only as needed)<br>1 Capful 1/2 Hour Before Breakfast<br>1 Capful at Bedtime<br>DO NOT EXCEED 4 WEEKS<br>CONTINUOUS USE! |
|---|---|---|---|---|---|
| Sunday | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ |
| Monday | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ |
| Tuesday | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ |
| Wednesday | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ |
| Thursday | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ |
| Friday | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ |
| Saturday | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ |

| **Week 2**<br><br>**DAY & DATE** | **#1**<br>**Plant Enzymes**<br><br>**1@Each Meal** | **#2-Sterol Max 1st Mth**<br>6 One-Hour<br>Before Breakfast<br>**On Empty Stomach*** | **#3**<br>**Daily Detox**<br>1 @ Breakfast<br>1@ Dinner | **#4**<br>**ProBiotics**<br>6-Daily<br>2@ Each<br>Meal | **#5 Vitamins-15min**<br>**Prior to Meals**<br>2@ Morning<br>2@ Afternoon<br>1@Evening |
|---|---|---|---|---|---|
| **Sunday** | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| **Monday** | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| **Tuesday** | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| **Wednesday** | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| **Thursday** | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| **Friday** | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| **Saturday** | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |

| **Weekly**<br><br>**DAY & DATE** | **#6**<br>**Metabolic**<br>**Complete**<br>**2 or 4 Daily**<br>**With Meal** | **#7**<br>**Aloe**<br>**Ace-Max**<br>**4-6 Daily**<br>**2@Each Meal** | **#8**<br>**Heart Algae**<br>**2 or 4 Daily**<br>**1-2** @ Breakfast<br>**1-2** @ Dinner | **#9**<br>**Coral**<br>**Calcium**<br>3-Daily<br>**1@Each**<br>**Meal** | **#10**<br>**Lightning Colloidal Silver**<br>(Use only as needed)<br>**1 Capful 1/2 Hour Before Breakfast**<br>**1 Capful at Bedtime**<br>**DO NOT EXCEED 4 WEEKS**<br>**CONTINUOUS USE!** |
|---|---|---|---|---|---|
| **Sunday** | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| **Monday** | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| **Tuesday** | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| **Wednesday** | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| **Thursday** | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| **Friday** | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| **Saturday** | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |

| Week 3<br><br>DAY & DATE | #1<br>Plant Enzymes<br><br>2@Each Meal | #2-Sterol Max 1st Mth<br>6 One-Hour<br>Before Breakfast<br>On Empty Stomach* | #3<br>Daily Detox<br>1 @ Breakfast<br>1 @ Dinner | #4<br>ProBiotics<br>6-Daily<br>2@ Each<br>Meal | #5 Vitamins-15min<br>Prior to Meals<br>2@ Morning<br>2@ Afternoon<br>1@Evening |
|---|---|---|---|---|---|
| Sunday | ❑❑ ❑❑ ❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Monday | ❑❑ ❑❑ ❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Tuesday | ❑❑ ❑❑ ❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Wednesday | ❑❑ ❑❑ ❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Thursday | ❑❑ ❑❑ ❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Friday | ❑❑ ❑❑ ❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Saturday | ❑❑ ❑❑ ❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |

| Weekly<br><br>DAY & DATE | #6<br>Metabolic<br>Complete<br>2 or 4 Daily<br>With Meal | #7<br>Aloe<br>Ace-Max<br>4-6 Daily<br>2@Each Meal | #8<br>Heart Algae<br>2 or 4 Daily<br>1-2 @ Breakfast<br>1-2 @ Dinner | #9<br>Coral<br>Calcium<br>3-Daily<br>1@Each<br>Meal | #10<br>Lightning Colloidal Silver<br>(Use only as needed)<br>1 Capful 1/2 Hour Before Breakfast<br>1 Capful at Bedtime<br>DO NOT EXCEED 4 WEEKS<br>CONTINUOUS USE! |
|---|---|---|---|---|---|
| Sunday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Monday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Tuesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Wednesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Thursday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Friday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Saturday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |

| **Week 4**<br><br>**DAY & DATE** | **#1**<br>**Plant Enzymes**<br><br>**3@Each Meal** | **#2-Sterol Max 1st Mth**<br>6 One-Hour<br>Before Breakfast<br>**On Empty Stomach*** | **#3**<br>**Daily Detox**<br>**1** @ Breakfast<br>**1** @ Dinner | **#4**<br>**ProBiotics**<br>6-Daily<br>2@ Each<br>Meal | **#5 Vitamins-15min**<br>**Prior to Meals**<br>2@ Morning<br>2@ Afternoon<br>1@Evening |
|---|---|---|---|---|---|
| **Sunday** | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| **Monday** | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| **Tuesday** | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| **Wednesday** | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| **Thursday** | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| **Friday** | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| **Saturday** | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |

| **Weekly**<br><br>**DAY & DATE** | **#6**<br>**Metabolic**<br>**Complete**<br>**2 or 4 Daily**<br>**With Meal** | **#7**<br>**Aloe**<br>**Ace-Max**<br>**4-6 Daily**<br>**2@Each Meal** | **#8**<br>**Heart Algae**<br>**2 or 4 Daily**<br>**1-2** @ Breakfast<br>**1-2** @ Dinner | **#9**<br>**Coral**<br>**Calcium**<br>3-Daily<br>**1@Each**<br>**Meal** | **#10**<br>**Lightning Colloidal Silver**<br>(Use only as needed)<br>**1 Capful 1/2 Hour Before Breakfast**<br>**1 Capful at Bedtime**<br>**DO NOT EXCEED 4 WEEKS**<br>**CONTINUOUS USE!** |
|---|---|---|---|---|---|
| **Sunday** | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ |
| **Monday** | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ |
| **Tuesday** | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ |
| **Wednesday** | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ |
| **Thursday** | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ |
| **Friday** | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ |
| **Saturday** | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ |

***#1 Take 1-2 Before bed. Add 1-2 between meals to address toxicity, such as cholesterol, undigested proteins, and yeast infections in your system.

| Week 5 & On<br>DAY & DATE | #1***<br>Plant Enzymes<br>3@Each Meal<br>*** | #2-Sterol Max 1st Mth<br>6 One-Hour<br>Before Breakfast<br>On Empty Stomach* | #3<br>Daily Detox<br>1 @ Breakfast<br>1 @ Dinner | #4<br>ProBiotics<br>6-Daily<br>2@ Each<br>Meal | #5 Vitamins-15min<br>Prior to Meals<br>2@ Morning<br>2@ Afternoon<br>1@Evening |
|---|---|---|---|---|---|
| Sunday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Monday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Tuesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Wednesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Thursday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Friday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Saturday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |

| Weekly<br>DAY & DATE | #6<br>Metabolic<br>Complete<br>2 or 4 Daily<br>With Meal | #7<br>Aloe<br>Ace-Max<br>4-6 Daily<br>2@Each Meal | #8<br>Heart Algae<br>2 or 4 Daily<br>1-2 @ Breakfast<br>1-2 @ Dinner | #9<br>Coral<br>Calcium<br>3-Daily<br>1@Each<br>Meal | #10<br>Lightning Colloidal Silver<br>(Use only as needed)<br>1 Capful 1/2 Hour Before Breakfast<br>1 Capful at Bedtime<br>DO NOT EXCEED 4 WEEKS<br>CONTINUOUS USE! |
|---|---|---|---|---|---|
| Sunday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Monday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Tuesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Wednesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Thursday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Friday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Saturday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |

***#1 Take 1-2 Before bed. Add 1-2 between meals to address toxicity, such as cholesterol, undigested proteins, and yeast infections in your system.

| Week 6<br>DAY & DATE | #1***<br>Plant Enzymes<br>3@Each Meal<br>*** | #2-Sterol Max 1st Mth<br>6 One-Hour<br>Before Breakfast<br>On Empty Stomach* | #3<br>Daily Detox<br>1 @ Breakfast<br>1 @ Dinner | #4<br>ProBiotics<br>6-Daily<br>2@ Each<br>Meal | #5 Vitamins-15min<br>Prior to Meals<br>2@ Morning<br>2@ Afternoon<br>1@Evening |
|---|---|---|---|---|---|
| Sunday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Monday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Tuesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Wednesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Thursday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Friday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Saturday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |

| Weekly<br>DAY & DATE | #6<br>Metabolic<br>Complete<br>2 or 4 Daily<br>With Meal | #7<br>Aloe<br>Ace-Max<br>4-6 Daily<br>2@Each Meal | #8<br>Heart Algae<br>2 or 4 Daily<br>1-2 @ Breakfast<br>1-2 @ Dinner | #9<br>Coral<br>Calcium<br>3-Daily<br>1@Each<br>Meal | #10<br>Lightning Colloidal Silver<br>(Use only as needed)<br>1 Capful 1/2 Hour Before Breakfast<br>1 Capful at Bedtime<br>DO NOT EXCEED 4 WEEKS<br>CONTINUOUS USE! |
|---|---|---|---|---|---|
| Sunday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Monday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Tuesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Wednesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Thursday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Friday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Saturday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |

***#1 Take 1-2 Before bed. Add 1-2 between meals to address toxicity, such as cholesterol, undigested proteins, and yeast infections in your system.

| Week 7<br>DAY & DATE | #1***<br>Plant Enzymes<br>3@Each Meal<br>*** | #2-Sterol Max 1st Mth<br>6 One-Hour<br>Before Breakfast<br>On Empty Stomach* | #3<br>Daily Detox<br>1 @ Breakfast<br>1 @ Dinner | #4<br>ProBiotics<br>6-Daily<br>2@ Each<br>Meal | #5 Vitamins-15min<br>Prior to Meals<br>2@ Morning<br>2@ Afternoon<br>1@Evening |
|---|---|---|---|---|---|
| Sunday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Monday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Tuesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Wednesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Thursday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Friday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Saturday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |

| Weekly<br>DAY & DATE | #6<br>Metabolic<br>Complete<br>2 or 4 Daily<br>With Meal | #7<br>Aloe<br>Ace-Max<br>4-6 Daily<br>2@Each Meal | #8<br>Heart Algae<br>2 or 4 Daily<br>1-2 @ Breakfast<br>1-2 @ Dinner | #9<br>Coral<br>Calcium<br>3-Daily<br>1@Each<br>Meal | #10<br>Lightning Colloidal Silver<br>(Use only as needed)<br>1 Capful 1/2 Hour Before Breakfast<br>1 Capful at Bedtime<br>DO NOT EXCEED 4 WEEKS<br>CONTINUOUS USE! |
|---|---|---|---|---|---|
| Sunday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Monday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Tuesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Wednesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Thursday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Friday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Saturday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |

***#1 Take 1-2 Before bed. Add 1-2 between meals to address toxicity, such as cholesterol, undigested proteins, and yeast infections in your system.

| Week 8<br>DAY & DATE | #1***<br>Plant Enzymes<br>3@Each Meal<br>*** | #2-Sterol Max 1st Mth<br>6 One-Hour<br>Before Breakfast<br>On Empty Stomach* | #3<br>Daily Detox<br>1 @ Breakfast<br>1 @ Dinner | #4<br>ProBiotics<br>6-Daily<br>2@ Each<br>Meal | #5 Vitamins-15min<br>Prior to Meals<br>2@ Morning<br>2@ Afternoon<br>1@Evening |
|---|---|---|---|---|---|
| Sunday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Monday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Tuesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Wednesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Thursday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Friday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Saturday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |

| Weekly<br>DAY & DATE | #6<br>Metabolic<br>Complete<br>2 or 4 Daily<br>With Meal | #7<br>Aloe<br>Ace-Max<br>4-6 Daily<br>2@Each Meal | #8<br>Heart Algae<br>2 or 4 Daily<br>1-2 @ Breakfast<br>1-2 @ Dinner | #9<br>Coral<br>Calcium<br>3-Daily<br>1@Each<br>Meal | #10<br>Lightning Colloidal Silver<br>(Use only as needed)<br>1 Capful 1/2 Hour Before Breakfast<br>1 Capful at Bedtime<br>DO NOT EXCEED 4 WEEKS<br>CONTINUOUS USE! |
|---|---|---|---|---|---|
| Sunday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Monday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Tuesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Wednesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Thursday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Friday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Saturday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |

***#1 Take 1-2 Before bed. Add 1-2 between meals to address toxicity, such as cholesterol, undigested proteins, and yeast infections in your system.

| Week 9<br><br>DAY & DATE | #1***<br>Plant Enzymes<br><br>3@Each Meal<br>*** | #2-Sterol Max 1st Mth<br>6 One-Hour<br>Before Breakfast<br>On Empty Stomach* | #3<br>Daily Detox<br>1 @ Breakfast<br>1 @ Dinner | #4<br>ProBiotics<br>6-Daily<br>2@ Each<br>Meal | #5 Vitamins-15min<br>Prior to Meals<br>2@ Morning<br>2@ Afternoon<br>1@Evening |
|---|---|---|---|---|---|
| Sunday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Monday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Tuesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Wednesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Thursday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Friday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Saturday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |

| Weekly<br><br>_____<br>DAY & DATE | #6<br>Metabolic<br>Complete<br>2 or 4 Daily<br>With Meal | #7<br>Aloe<br>Ace-Max<br>4-6 Daily<br>2@Each Meal | #8<br>Heart Algae<br>2 or 4 Daily<br>1-2 @ Breakfast<br>1-2 @ Dinner | #9<br>Coral<br>Calcium<br>3-Daily<br>1@Each<br>Meal | #10<br>Lightning Colloidal Silver<br>(Use only as needed)<br>1 Capful 1/2 Hour Before Breakfast<br>1 Capful at Bedtime<br>DO NOT EXCEED 4 WEEKS<br>CONTINUOUS USE! |
|---|---|---|---|---|---|
| Sunday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Monday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Tuesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Wednesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Thursday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Friday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Saturday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |

***#1 Take 1-2 Before bed. Add 1-2 between meals to address toxicity, such as cholesterol, undigested proteins, and yeast infections in your system.

| Week 10<br><br>DAY & DATE | #1***<br>Plant Enzymes<br><br>3@Each Meal<br>*** | #2-Sterol Max 1st Mth<br>6 One-Hour<br>Before Breakfast<br>On Empty Stomach* | #3<br>Daily Detox<br>1 @ Breakfast<br>1 @ Dinner | #4<br>ProBiotics<br>6-Daily<br>2@ Each<br>Meal | #5 Vitamins-15min<br>Prior to Meals<br>2@ Morning<br>2@ Afternoon<br>1@Evening |
|---|---|---|---|---|---|
| Sunday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Monday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Tuesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Wednesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Thursday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Friday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Saturday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |

| Weekly<br><br>DAY & DATE | #6<br>Metabolic<br>Complete<br>2 or 4 Daily<br>With Meal | #7<br>Aloe<br>Ace-Max<br>4-6 Daily<br>2@Each Meal | #8<br>Heart Algae<br>2 or 4 Daily<br>1-2 @ Breakfast<br>1-2 @ Dinner | #9<br>Coral<br>Calcium<br>3-Daily<br>1@Each<br>Meal | #10<br>Lightning Colloidal Silver<br>(Use only as needed)<br>1 Capful 1/2 Hour Before Breakfast<br>1 Capful at Bedtime<br>DO NOT EXCEED 4 WEEKS<br>CONTINUOUS USE! |
|---|---|---|---|---|---|
| Sunday | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ |
| Monday | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ |
| Tuesday | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ |
| Wednesday | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ |
| Thursday | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ |
| Friday | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ |
| Saturday | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ ❑ ❑ | ❑ ❑ ❑ | ❑ ❑ |

***#1 Take 1-2 Before bed. Add 1-2 between meals to address toxicity, such as cholesterol, undigested proteins, and yeast infections in your system.

| Week 11<br>DAY & DATE | #1***<br>Plant Enzymes<br>3@Each Meal<br>*** | #2-Sterol Max 1st Mth<br>6 One-Hour<br>Before Breakfast<br>On Empty Stomach* | #3<br>Daily Detox<br>1 @ Breakfast<br>1 @ Dinner | #4<br>ProBiotics<br>6-Daily<br>2@ Each Meal | #5 Vitamins-15min Prior to Meals<br>2@ Morning<br>2@ Afternoon<br>1@Evening |
|---|---|---|---|---|---|
| Sunday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Monday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Tuesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Wednesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Thursday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Friday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Saturday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |

| Weekly<br>DAY & DATE | #6<br>Metabolic Complete<br>2 or 4 Daily<br>With Meal | #7<br>Aloe<br>Ace-Max<br>4-6 Daily<br>2@Each Meal | #8<br>Heart Algae<br>2 or 4 Daily<br>1-2 @ Breakfast<br>1-2 @ Dinner | #9<br>Coral Calcium<br>3-Daily<br>1@Each Meal | #10<br>Lightning Colloidal Silver<br>(Use only as needed)<br>1 Capful 1/2 Hour Before Breakfast<br>1 Capful at Bedtime<br>DO NOT EXCEED 4 WEEKS CONTINUOUS USE! |
|---|---|---|---|---|---|
| Sunday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Monday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Tuesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Wednesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Thursday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Friday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Saturday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |

***#1 Take 1-2 Before bed. Add 1-2 between meals to address toxicity, such as cholesterol, undigested proteins, and yeast infections in your system.

| Week 12<br>DAY & DATE | #1***<br>Plant Enzymes<br>3@Each Meal<br>*** | #2-Sterol Max 1st Mth<br>6 One-Hour<br>Before Breakfast<br>On Empty Stomach* | #3<br>Daily Detox<br>1 @ Breakfast<br>1 @ Dinner | #4<br>ProBiotics<br>6-Daily<br>2@ Each<br>Meal | #5 Vitamins-15min<br>Prior to Meals<br>2@ Morning<br>2@ Afternoon<br>1@Evening |
|---|---|---|---|---|---|
| Sunday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Monday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Tuesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Wednesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Thursday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Friday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Saturday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |

| Weekly<br>DAY & DATE | #6<br>Metabolic<br>Complete<br>2 or 4 Daily<br>With Meal | #7<br>Aloe<br>Ace-Max<br>4-6 Daily<br>2@Each Meal | #8<br>Heart Algae<br>2 or 4 Daily<br>1-2 @ Breakfast<br>1-2 @ Dinner | #9<br>Coral<br>Calcium<br>3-Daily<br>1@Each<br>Meal | #10<br>Lightning Colloidal Silver<br>(Use only as needed)<br>1 Capful 1/2 Hour Before Breakfast<br>1 Capful at Bedtime<br>DO NOT EXCEED 4 WEEKS<br>CONTINUOUS USE! |
|---|---|---|---|---|---|
| Sunday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Monday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Tuesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Wednesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Thursday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Friday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Saturday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |

***#1 Take 1-2 Before bed. Add 1-2 between meals to address toxicity, such as cholesterol, undigested proteins, and yeast infections in your system.

| Week 13<br>DAY & DATE | #1***<br>Plant Enzymes<br>3@Each Meal<br>*** | #2-Sterol Max 1st Mth<br>6 One-Hour<br>Before Breakfast<br>On Empty Stomach* | #3<br>Daily Detox<br>1 @ Breakfast<br>1 @ Dinner | #4<br>ProBiotics<br>6-Daily<br>2@ Each<br>Meal | #5 Vitamins-15min<br>Prior to Meals<br>2@ Morning<br>2@ Afternoon<br>1@Evening |
|---|---|---|---|---|---|
| Sunday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Monday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Tuesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Wednesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Thursday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Friday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Saturday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |

| Weekly<br>DAY & DATE | #6<br>Metabolic<br>Complete<br>2 or 4 Daily<br>With Meal | #7<br>Aloe<br>Ace-Max<br>4-6 Daily<br>2@Each Meal | #8<br>Heart Algae<br>2 or 4 Daily<br>1-2 @ Breakfast<br>1-2 @ Dinner | #9<br>Coral<br>Calcium<br>3-Daily<br>1@Each<br>Meal | #10<br>Lightning Colloidal Silver<br>(Use only as needed)<br>1 Capful 1/2 Hour Before Breakfast<br>1 Capful at Bedtime<br>DO NOT EXCEED 4 WEEKS<br>CONTINUOUS USE! |
|---|---|---|---|---|---|
| Sunday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Monday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Tuesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Wednesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Thursday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Friday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Saturday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |

***#1 Take 1-2 Before bed. Add 1-2 between meals to address toxicity, such as cholesterol, undigested proteins, and yeast infections in your system.

| Week 14<br>DAY & DATE | #1***<br>Plant Enzymes<br>3@Each Meal<br>*** | #2-Sterol Max 1st Mth<br>6 One-Hour<br>Before Breakfast<br>On Empty Stomach* | #3<br>Daily Detox<br>1 @ Breakfast<br>1 @ Dinner | #4<br>ProBiotics<br>6-Daily<br>2@ Each<br>Meal | #5 Vitamins-15min<br>Prior to Meals<br>2@ Morning<br>2@ Afternoon<br>1@Evening |
|---|---|---|---|---|---|
| Sunday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Monday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Tuesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Wednesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Thursday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Friday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Saturday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |

| Weekly<br>DAY & DATE | #6<br>Metabolic<br>Complete<br>2 or 4 Daily<br>With Meal | #7<br>Aloe<br>Ace-Max<br>4-6 Daily<br>2@Each Meal | #8<br>Heart Algae<br>2 or 4 Daily<br>1-2 @ Breakfast<br>1-2 @ Dinner | #9<br>Coral<br>Calcium<br>3-Daily<br>1@Each<br>Meal | #10<br>Lightning Colloidal Silver<br>(Use only as needed)<br>1 Capful 1/2 Hour Before Breakfast<br>1 Capful at Bedtime<br>DO NOT EXCEED 4 WEEKS<br>CONTINUOUS USE! |
|---|---|---|---|---|---|
| Sunday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Monday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Tuesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Wednesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Thursday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Friday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Saturday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |

***#1 Take 1-2 Before bed. Add 1-2 between meals to address toxicity, such as cholesterol, undigested proteins, and yeast infections in your system.

| Week 15<br>DAY & DATE | #1***<br>Plant Enzymes<br>3@Each Meal<br>*** | #2-Sterol Max 1st Mth<br>6 One-Hour<br>Before Breakfast<br>On Empty Stomach* | #3<br>Daily Detox<br>1 @ Breakfast<br>1 @ Dinner | #4<br>ProBiotics<br>6-Daily<br>2@ Each<br>Meal | #5 Vitamins-15min<br>Prior to Meals<br>2@ Morning<br>2@ Afternoon<br>1@Evening |
|---|---|---|---|---|---|
| Sunday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Monday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Tuesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Wednesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Thursday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Friday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Saturday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |

| Weekly<br>DAY & DATE | #6<br>Metabolic<br>Complete<br>2 or 4 Daily<br>With Meal | #7<br>Aloe<br>Ace-Max<br>4-6 Daily<br>2@Each Meal | #8<br>Heart Algae<br>2 or 4 Daily<br>1-2 @ Breakfast<br>1-2 @ Dinner | #9<br>Coral<br>Calcium<br>3-Daily<br>1@Each<br>Meal | #10<br>Lightning Colloidal Silver<br>(Use only as needed)<br>1 Capful 1/2 Hour Before Breakfast<br>1 Capful at Bedtime<br>DO NOT EXCEED 4 WEEKS<br>CONTINUOUS USE! |
|---|---|---|---|---|---|
| Sunday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Monday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Tuesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Wednesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Thursday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Friday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Saturday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |

**#1 Take 1-2 Before bed. Add 1-2 between meals to address toxicity, such as cholesterol, undigested proteins, and yeast infections in your system.**

| **Week 16**<br><br>**DAY & DATE** | **#1*****<br>**Plant Enzymes**<br><br>**3@Each Meal**<br>*** | **#2-Sterol Max 1st Mth**<br>6 One-Hour<br>Before Breakfast<br>**On Empty Stomach*** | **#3**<br>**Daily Detox**<br>1 @ Breakfast<br>1 @ Dinner | **#4**<br>**ProBiotics**<br>6-Daily<br>2@ Each<br>Meal | **#5 Vitamins-15min**<br>**Prior to Meals**<br>2@ Morning<br>2@ Afternoon<br>1@Evening |
|---|---|---|---|---|---|
| **Sunday** | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| **Monday** | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| **Tuesday** | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| **Wednesday** | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| **Thursday** | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| **Friday** | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| **Saturday** | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |

| **Weekly**<br><br>**DAY & DATE** | **#6**<br>**Metabolic**<br>**Complete**<br>**2 or 4 Daily**<br>**With Meal** | **#7**<br>**Aloe**<br>**Ace-Max**<br>**4-6 Daily**<br>**2@Each Meal** | **#8**<br>**Heart Algae**<br>**2 or 4 Daily**<br>**1-2** @ Breakfast<br>**1-2** @ Dinner | **#9**<br>**Coral**<br>**Calcium**<br>3-Daily<br>**1@Each**<br>**Meal** | **#10**<br>**Lightning Colloidal Silver**<br>(Use only as needed)<br>**1 Capful 1/2 Hour Before Breakfast**<br>**1 Capful at Bedtime**<br>**DO NOT EXCEED 4 WEEKS**<br>**CONTINUOUS USE!** |
|---|---|---|---|---|---|
| **Sunday** | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| **Monday** | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| **Tuesday** | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| **Wednesday** | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| **Thursday** | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| **Friday** | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| **Saturday** | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |

***#1 Take 1-2 Before bed. Add 1-2 between meals to address toxicity, such as cholesterol, undigested proteins, and yeast infections in your system.

| Weekly<br>DAY & DATE | #1***<br>Plant Enzymes<br>3@Each Meal<br>*** | #2-Sterol Max 1st Mth<br>6 One-Hour<br>Before Breakfast<br>On Empty Stomach* | #3<br>Daily Detox<br>1 @ Breakfast<br>1 @ Dinner | #4<br>ProBiotics<br>6-Daily<br>2@ Each<br>Meal | #5 Vitamins-15min<br>Prior to Meals<br>2@ Morning<br>2@ Afternoon<br>1@Evening |
|---|---|---|---|---|---|
| Sunday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Monday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Tuesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Wednesday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Thursday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Friday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |
| Saturday | ❑❑❑ ❑❑❑ ❑❑❑ | ❑ ❑ ❑ ❑ ❑ ❑* | ❑ ❑ | ❑❑ ❑❑ ❑❑ | Prior ❑❑ ❑❑ ❑ |

| Weekly<br>DAY & DATE | #6<br>Metabolic<br>Complete<br>2 or 4 Daily<br>With Meal | #7<br>Aloe<br>Ace-Max<br>4-6 Daily<br>2@Each Meal | #8<br>Heart Algae<br>2 or 4 Daily<br>1-2 @ Breakfast<br>1-2 @ Dinner | #9<br>Coral<br>Calcium<br>3-Daily<br>1@Each<br>Meal | #10<br>Lightning Colloidal Silver<br>(Use only as needed)<br>1 Capful 1/2 Hour Before Breakfast<br>1 Capful at Bedtime<br>DO NOT EXCEED 4 WEEKS<br>CONTINUOUS USE! |
|---|---|---|---|---|---|
| Sunday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Monday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Tuesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Wednesday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Thursday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Friday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |
| Saturday | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑❑ ❑❑ | ❑ ❑ ❑ | ❑ ❑ |