



GoodTract

14 Day Cleanse Package

The GoodTract 14 Day Cleanse Package is a product package designed to cleanse the colon and detoxify the whole body! This combination of supplements will get you on a “GOODTRACT” toward your health goals.

Protocol:

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| Wake up- | Drink 10 ounces of water |
| Before Breakfast - | Good Fibrations - Mix 1 scoop in 10 ounces of water
FasTract – 3 capsules* |
| 7 am – 10 am - | Solle Vital - 1 packet in 16-20 ounces of water |
| 1 pm – 4 pm- | Solle Vital - 1 packet in 16-20 ounces of water |
| Before Dinner -
(15 -30 min) | Good Fibrations - Mix 1 scoop in 10 ounces of water
Followed by 10 more ounces of water |
| Before Bedtime - | AmiTox DC - 3 capsules* |

*Adjust as necessary to assure 3 bowel movements per day.

