

# Mind & Body Balancing Detox Package (#7)



The Mind & Body Balancing Detox Package combines Solle's 4 signature drinks with 4 powerful supporting formulas to help restore physical and emotional balance, while simultaneously ridding the body of unwanted toxins.

## Protocol:

### (Week 1 – First 7 days)

- Wake up -** 8-16 ounces of water on an empty stomach
- 7 am – 10 am -** CinnaMate - 1 packet in 8 ounces of hot or cold water  
Solle Excell - 1 packet in 12-16 ounces of cold water (Monday – Friday)
- 1 pm – 4 pm-** Solle Vital\*- 1 packet in 16-20 ounces of water
- 7 pm – 9 pm-** Solle Renue - 1 packet in 8 ounces of hot or 16 ounces of cold water  
Drink all beverages 30 minutes before eating. Mix to taste.  
\*Add fresh lemon or lime juice to enhance flavor and increase health benefits

### (Week 2 & 3 Days 8-21 )

Continue Week 1 protocol with the following additions:

- Before Breakfast -** GoodFibrations - 1 scoop in 10 ounces of water  
FasTract – 3 capsules  
ProBio IQ – 2 capsules
- 15 Minutes before Dinner -** GoodFibrations - 1 scoop in 10 ounces of water  
followed by 8 more ounces of water
- With Dinner -** Verdezymes – 2 capsules
- Before Bedtime -** Verdezymes – 2 capsules  
ProBio IQ – 2 capsules

### (Week 4 – Days 22 - 28)

Repeat Week 1 Protocol

