



ElectroLife Ultimate Support Pack Schedule

	PREP WEEK	GENTLE PHASE	POWER PHASE	AFTER CLEANSE
6:30 am		Shake	Shake	Psyllium only Shake
8:00 am	(1,2,3,4) Breakfast	(2) Herbs	(2) Herbs	(1,2,3,4) Breakfast
9:30 am		Shake	Shake	Herbs
11:00 am		Herbs	Herbs	
12:30 pm	(2,3) Lunch	(1,2,3,4) Lunch	(1,2,3,4) Lunch	(2,3) Lunch/Flora Grow
2:00 pm		Herbs	Herbs	* (2 Flora Grow after lunch)
3:30 pm		Shake	Shake	
5:00 pm		Herbs	(1,2) Herbs	
6:30 pm	(1,2,3) Dinner	(1,2,3) Dinner	Shake	(1,2,3) Dinner/Flora Grow
8:00 pm		Herbs	Herbs	* (2 Flora Grow after dinner)
9:00 pm		Flora Grow	Flora Grow	* 1st day of After Cleanse: take 4 Flora Grow

IF INCORPORATING THESE PRODUCTS INTO YOUR CLEANSE, PLEASE NOTE TIMES:

- (1) Take 2 capsules ElectroLife (2) Take 2 capsules Great Greens (3) Take 2 capsules AriseNzyme
(4) Take 1 capsule Dehydrated Minerals

This is a guideline. If your work or other schedules do not permit, use it to establish time frames between each activity.

Alkalizer Ultimate Support Pack Schedule

	PREP WEEK	GENTLE PHASE	POWER PHASE	AFTER CLEANSE
6:30 am		Shake	Shake	Psyllium only Shake
8:00 am	(1,2,3,4) Breakfast	(1,2) Herbs	(1,2) Herbs	(2,3,4) Breakfast
9:30 am		Shake	Shake	Herbs
11:00 am		Herbs	Herbs	
12:30 pm	(1,2,3) Lunch	(1,2,3,4) Lunch	(1,2,3,4) Lunch	(1,2,3) Lunch/Flora Grow
2:00 pm		Herbs	Herbs	* (2 Flora Grow after lunch)
3:30 pm		Shake	Shake	
5:00 pm		Herbs	(1,2) Herbs	
6:30 pm	(1,2,3) Dinner	(1,2,3) Dinner	Shake	(2,3) Dinner/Flora Grow
8:00 pm		Herbs	Herbs	* (2 Flora Grow after dinner)
9:00 pm		Flora Grow	Flora Grow	* 1st day of After Cleanse: take 4 Flora Grow

IF INCORPORATING THESE PRODUCTS INTO YOUR CLEANSE, PLEASE NOTE TIMES:

- (1) Take 1 heaping teaspoon Alkalizer (2) Take 2 capsules Great Greens (3) Take 2 capsules AriseNzyme
(4) Take 1 capsule Dehydrated Minerals

This is a guideline. If your work or other schedules do not permit, use it to establish time frames between each activity.

www.ariseandshine.com

800.688.2444

Cleanse Support: 541.282.5601 or: 888.557.4463