

Plexus Triplex Recommended Ramp-Up Schedule

Listen to your body!!

More than likely you will get to 2 Biocleanse and 2 Probio5 and you will start to notice very regular and healthy bowel movements. **Yes, even if you're in ketosis!** Once you are at that level and you go to 3 biocleanse, **listen to your body**. You'll know if 3 or 4 is too much.

If you're not "regular", you need more Biocleanse. If you're having loose stool, you need less.

Everyone's body is different! Some people take as many as 6 biocleanse a day, but that's very rare.

Overall, listen to your body, and you'll know how many you need. Nobody knows your body like you do.

Day	Recommended Schedule		Modified Schedule	
	Morning	Bedtime	Morning	Bedtime
1	Slim		Slim	
2	Slim		Slim	
3	Slim		Slim	
4	Slim & 1 Biocleanse		Slim	1 Biocleanse
5	Slim & 1 Biocleanse		Slim	1 Biocleanse
6	Slim & 1 Biocleanse		Slim	1 Biocleanse
7	Slim & 1 Biocleanse	1 Probio5	Slim	1 Biocleanse & 1 Probio5
8	Slim & 1 Biocleanse	1 Probio5	Slim	1 Biocleanse & 1 Probio5
9	Slim & 2 Biocleanse	1 Probio5	Slim	2 Biocleanse & 1 Probio5
10	Slim & 2 Biocleanse	1 Probio5	Slim	2 Biocleanse & 1 Probio5
11	Slim & 2 Biocleanse	1 Probio5	Slim	2 Biocleanse & 1 Probio5
12	Slim & 2 Biocleanse	1 Probio5	Slim	2 Biocleanse & 1 Probio5
13	Slim & 2 Biocleanse	2 Probio5	Slim	2 Biocleanse & 2 Probio5
14	Slim & 2 Biocleanse	2 Probio5	Slim	2 Biocleanse & 2 Probio5
15	Slim & 2 Biocleanse	1 Biocleanse & 2 Probio5	Slim	3 Biocleanse & 2 Probio5
16	Slim & 2 Biocleanse	1 Biocleanse & 2 Probio5	Slim	3 Biocleanse & 2 Probio5
17	Slim & 2 Biocleanse	1 Biocleanse & 2 Probio5	Slim	3 Biocleanse & 2 Probio5
18	Slim & 2 Biocleanse	2 Biocleanse & 2 Probio5	Slim	4 Biocleanse & 2 Probio5
19	Slim & 2 Biocleanse	2 Biocleanse & 2 Probio5	Slim	4 Biocleanse & 2 Probio5
20	Slim & 2 Biocleanse	2 Biocleanse & 2 Probio5	Slim	4 Biocleanse & 2 Probio5

For more information on Plexus Triplex, visit www.hhwayoflife.com