

# Regul8™

## DIGESTIVE TUNE-UP PRESCRIPTION

USE ONLY AS DIRECTED. ALWAYS READ THE LABEL. IF SYMPTOMS PERSIST CONSULT YOUR HEALTHCARE PROFESSIONAL.

BASIC DIGESTIVE TUNE-UP		INTERMEDIATE DIGESTIVE TUNE-UP		ADVANCED DIGESTIVE TUNE-UP	
Recommended dosage for individuals with minimal symptoms. As a good detox		Recommended dosage for individuals with digestive and skin issues		Recommended dosage for individuals with inflammatory digestive issues and health concerns	
<p><b>MORNING</b></p> <ul style="list-style-type: none"> <li>First thing before any food take:                             <ul style="list-style-type: none"> <li>1 x CLEANSE</li> <li>1 x RESTORE</li> <li>1 x MAINTAIN</li> <li>1 x RELAX</li> </ul>                             with warm water.</li> <li>Wait 20mins before eating.</li> <li>With breakfast take: 2 x <b>DMK EFA Ultra</b>.</li> </ul> <p><b>LUNCH</b></p> <ul style="list-style-type: none"> <li>20mins before lunch take:                             <ul style="list-style-type: none"> <li>1 x CLEANSE</li> <li>1 x RESTORE</li> <li>1 x MAINTAIN</li> </ul>                             with warm water.</li> </ul>	<p><b>DINNER</b></p> <ul style="list-style-type: none"> <li>20mins before dinner take:                             <ul style="list-style-type: none"> <li>1 x CLEANSE</li> <li>1 x RESTORE</li> <li>1 x MAINTAIN</li> </ul>                             with warm water.</li> <li>After dinner take: 2 x <b>DMK EFA Ultra</b>.</li> </ul> <p><b>NIGHT</b></p> <ul style="list-style-type: none"> <li>30mins before you want to go to sleep take: 1 or 2 x RELAX.</li> </ul> <p>Depending on the person a minimum of 2 courses is recommended. Then maintain by continuing to take the <b>MAINTAIN, RELAX</b> and <b>DMK EFA Ultra</b>.</p>	<p><b>MORNING</b></p> <ul style="list-style-type: none"> <li>First thing before any food take:                             <ul style="list-style-type: none"> <li>2 x CLEANSE</li> <li>2 x RESTORE</li> <li>2 x MAINTAIN</li> <li>2 x RELAX</li> </ul>                             with warm water.</li> <li>Wait 20mins before eating.</li> <li>With breakfast take: 3 x <b>DMK EFA Ultra</b>.</li> </ul> <p><b>LUNCH</b></p> <ul style="list-style-type: none"> <li>20mins before lunch take:                             <ul style="list-style-type: none"> <li>2 x CLEANSE</li> <li>2 x RESTORE</li> <li>2 x MAINTAIN</li> </ul>                             with warm water.</li> </ul>	<p><b>DINNER</b></p> <ul style="list-style-type: none"> <li>20mins before dinner take:                             <ul style="list-style-type: none"> <li>2 x CLEANSE</li> <li>2 x RESTORE</li> <li>2 x MAINTAIN</li> </ul>                             with warm water.</li> <li>After dinner take: 2 x <b>DMK EFA Ultra</b>.</li> </ul> <p><b>NIGHT</b></p> <ul style="list-style-type: none"> <li>30mins to 60mins before you want to go to sleep take: 2 or 3 x RELAX.</li> </ul> <p>Depending on the condition 1-4 courses. Following this just remain on the <b>MAINTAIN, RELAX</b> and <b>DMK EFA Ultra</b>.</p>	<p><b>MORNING</b></p> <ul style="list-style-type: none"> <li>First thing before any food take:                             <ul style="list-style-type: none"> <li>3 x CLEANSE</li> <li>3 x RESTORE</li> <li>3 x MAINTAIN</li> <li>3 x RELAX</li> </ul>                             with warm water.</li> <li>Wait 20mins before eating.</li> <li>With breakfast take: 4 x <b>DMK EFA Ultra</b>.</li> </ul> <p><b>LUNCH</b></p> <ul style="list-style-type: none"> <li>20mins before lunch take:                             <ul style="list-style-type: none"> <li>3 x CLEANSE</li> <li>3 x RESTORE</li> <li>3 x MAINTAIN</li> </ul>                             with warm water.</li> </ul>	<p><b>DINNER</b></p> <ul style="list-style-type: none"> <li>20mins before dinner take:                             <ul style="list-style-type: none"> <li>3 x CLEANSE</li> <li>3 x RESTORE</li> <li>3 x MAINTAIN</li> </ul>                             with warm water.</li> <li>After dinner take: 3 x <b>DMK EFA Ultra</b>.</li> </ul> <p><b>NIGHT</b></p> <ul style="list-style-type: none"> <li>60mins before you want to go to sleep take: 2 or 4 x RELAX.</li> </ul> <p>Depending on the condition 1-4 courses. Following this just remain on the <b>MAINTAIN, RELAX</b> and <b>DMK EFA Ultra</b>.</p>
Date to commence:		Date to commence:		Date to commence:	
20 day program		2-4 boxes program		3-6 months program	
Dietary recommendations:		Dietary recommendations:		Dietary recommendations:	
Reduce or eliminate sugar, bread and gluten pasta. Eat fresh and clean, drink 2 to 3 litres of purified water with fresh lemon juice per day.		Reduce or eliminate sugar, bread and gluten pasta. Eat fresh and clean, drink 2 to 3 litres of purified water with fresh lemon juice per day.		Reduce or eliminate sugar, bread and gluten pasta. Eat fresh and clean, drink 2 to 3 litres of purified water with fresh lemon juice per day.	
Notes:		Notes:		Notes:	