

SCHEDULE OF CONSUMPTION

TIME	PRODUCT	INTAKE	REMARKS
Wake up time or 7:30 am	Bio-Wheatgrass	1 sachet in 8 oz water	Dissolve one sachet in 8 oz of cold or room temp water.
8:00 am Breakfast	Bio-Balance & Bio-Diet	Take both sachets separately in 12 oz of water each	Drink separately in 12 oz of cold or room temp water. Right after each other
10:00 am Snack	Bio-Cell	1 Sachet in 8 oz water	Dissolve one sachet in 8 oz of cold or room temp water
12:00pm Lunch	Bio-Balance & Bio-Diet	Take both sachets separately in 12 oz of water each	Drink separately in 12 oz of cold or room temp water. Right after each other
3:00 pm Snack	Bio-Cell	1 Sachet in 8 oz water	Dissolve one sachet in 8 oz of cold or room temp water
6:00 pm Dinner	Bio-Balance & Bio-Diet	Take both sachets separately in 12 oz of water each	Drink separately in 12 oz of cold or room temp water. Right after each other
9:00 pm or before sleeping	Bio-Wheatgrass	1 sachet in 8 oz water	Dissolve one sachet in 8 oz of cold or room temp water.