



# cleanse 10 DAY CLEANSE CHECKLIST

24 Day Challenge - Days 1-10

AdvoCare  
Cleanse  
Support

HERBAL CLEANSE



SPARK



OMEGAPLEX



CATALYST  
(optional)



Supplement Checklist

Day	✓ Day	✓
1	a.m. <b>3 Catalyst</b> capsules w/Spark when up on empty stomach <b>Fiber drink</b> with breakfast p.m. <b>4 Omega Plex</b> with dinner <b>Herbal Cleanse</b> tablets with water before bed <b>3 Catalyst</b> capsules either in afternoon or before bed, on an empty stomach <b>Spark</b> anytime during the day	6 a.m. <b>ProBiotic Restore</b> capsules when up on empty stomach <b>3 Catalyst</b> capsules w/Spark when up on empty stomach p.m. <b>4 Omega Plex</b> with dinner <b>Herbal Cleanse</b> tablets with water before bed <b>3 Catalyst</b> capsules either in afternoon or before bed, on an empty stomach <b>Spark</b> anytime during the day
2	a.m. <b>3 Catalyst</b> capsules w/Spark when up on empty stomach <b>Fiber drink</b> with breakfast p.m. <b>4 Omega Plex</b> with dinner <b>Herbal Cleanse</b> tablets with water before bed <b>3 Catalyst</b> capsules either in afternoon or before bed, on an empty stomach <b>Spark</b> anytime during the day	7 a.m. <b>ProBiotic Restore</b> capsules when up on empty stomach <b>3 Catalyst</b> capsules w/Spark when up on empty stomach p.m. <b>4 Omega Plex</b> with dinner <b>Herbal Cleanse</b> tablets with water before bed <b>3 Catalyst</b> capsules either in afternoon or before bed, on an empty stomach <b>Spark</b> anytime during the day
3	a.m. <b>3 Catalyst</b> capsules w/Spark when up on empty stomach <b>Fiber drink</b> with breakfast p.m. <b>4 Omega Plex</b> with dinner <b>Herbal Cleanse</b> tablets with water before bed <b>3 Catalyst</b> capsules either in afternoon or before bed, on an empty stomach <b>Spark</b> anytime during the day	8 a.m. <b>ProBiotic Restore</b> capsules when up on empty stomach <b>3 Catalyst</b> capsules w/Spark when up on empty stomach <b>Fiber drink</b> with breakfast p.m. <b>4 Omega Plex</b> with dinner <b>3 Catalyst</b> capsules either in afternoon or before bed, on an empty stomach <b>Spark</b> anytime during the day
4	a.m. <b>ProBiotic Restore</b> capsules when up on empty stomach <b>3 Catalyst</b> capsules w/Spark when up on empty stomach p.m. <b>4 Omega Plex</b> with dinner <b>Herbal Cleanse</b> tablets with water before bed <b>3 Catalyst</b> capsules either in afternoon or before bed, on an empty stomach <b>Spark</b> anytime during the day	9 a.m. <b>ProBiotic Restore</b> capsules when up on empty stomach <b>3 Catalyst</b> capsules w/Spark when up on empty stomach <b>Fiber drink</b> with breakfast p.m. <b>4 Omega Plex</b> with dinner <b>3 Catalyst</b> capsules either in afternoon or before bed, on an empty stomach <b>Spark</b> anytime during the day
5	a.m. <b>ProBiotic Restore</b> capsules when up on empty stomach <b>3 Catalyst</b> capsules w/Spark when up on empty stomach p.m. <b>4 Omega Plex</b> with dinner <b>Herbal Cleanse</b> tablets with water before bed <b>3 Catalyst</b> capsules either in afternoon or before bed, on an empty stomach <b>Spark</b> anytime during the day	10 a.m. <b>ProBiotic Restore</b> capsules when up on empty stomach <b>3 Catalyst</b> capsules w/Spark when up on empty stomach <b>Fiber drink</b> with breakfast p.m. <b>4 Omega Plex</b> with dinner <b>3 Catalyst</b> capsules either in afternoon or before bed, on an empty stomach <b>Spark</b> anytime during the day

