

AIP - APTOGENIX 60 DAY PROTOCOL

Days 1-30 Supplements

Powder Supplements	
Name	Instructions
Methyl Assist	Just after Breakfast: Mix 1/2 scoop in 6-8 oz of water, still or sparkling (Drink slowly) Just after Dinner: Mix 1/2 scoop in 6-8 oz of water, still or sparkling (Drink slowly)
GI Immune Restore	Before Dinner: Mix 1 scoop in 4-6 oz of water or unsweetened coconut milk
Bottled Supplements	
AM Supplements: Breakfast	PM Supplements: Dinner
1 - Min Essentials	1 - Enhanced ADK
1 - Inflam Assist	1 - Omega Advanced
1 - Bio Spore SB	1 - Min Essentials
1 - Essential Mag	1 - Essential Mag
1 - Berberine Plus	

Detox Shakes to Start on Day 15

Detox Shakes		
Aptoclear Complete	Instructions: Add 2 scoops to 8-10 oz. of water or unsweetened coconut milk. Mix in a shaker bottle or blend with ice until smooth. Note: These shakes may be consumed in place of a meal. If desired, you may eat a small meal after each shake. If noticing signs of continued hunger, lightheadedness, or general feelings of discomfort after consuming your shake, that is an indication that you may need additional calories in conjunction with your shake.	When to take: Take detox shakes according to below schedule.

Detox Days 1-7 (Week 1)	Detox Days 8-21 (Weeks 2 & 3)	Detox Days 22-28 (Week 4)
(Program Days 15-21)	(Program Days 22-35)	(Program Days 36-42)
1 shake daily at breakfast	2 shakes daily: 1 at Breakfast and 1 at Dinner	1 shake daily at breakfast
Toxin Defense - Take 1 capsule (1 hour before/after shake and other food, meds, or supps)	Toxin Defense - Take 1 capsule (1 hour before/after each shake and other food, meds, or supps)	Toxin Defense - Take 1 capsule (1 hour before/after shake and other food, meds, or supps)

Days 31-60 Supplements

Bottled Supplements	
AM Supplements: Breakfast	PM Supplements: Dinner
1 - B Essentials	1 - Enhanced ADK
2 - Detox Assist	1 - Omega Advanced
1 - Essential Mag	1 - Min Essentials
1 - Min Essentials	1 - Essential Mag

XYMOGEN AIP PROTOCOL

Supplements to Start on Day 1

Powder Supplements		
Name	Instructions	When to take
IG 26 Plus DF (Days 1-15)	Mix 1 scoop in 4-6 oz of water or unsweetened coconut milk	Before Breakfast and Before Dinner
ProbioMax Plus DF (Days 1-30)	Stir 1 packet in 2-4 oz. of water	At bedtime
MedPax Supplements (Days 1-30)		
AM Supplements: Breakfast	PM Supplements: Dinner	Bedtime Supplements: Bedtime
2 - Methyl Protect	1 - K2-D3 5000	2 - Optimag 125
1 - Curcuplex 95	1 - Omega MonoPure 1300 EC	
1 - Optimag 125	1 - Curcuplex 95	

Detox Shakes to Start on Day 15

Detox Shakes		
Opticleanse GHI	Instructions: Add 1 packet to 10-12 oz. of water or unsweetened coconut milk. Mix in a shaker bottle or blend with ice until smooth.	When to take: Follow the 28 day protocol below
Detox Days 1-7 (Week 1)	Detox Days 8-21 (Weeks 2 & 3)	Detox Days 22-28 (Week 4)*
(Program Days 15-21)	(Program Days 22-35)	(Program Days 36-42)
1 shake daily at breakfast	2 shakes daily: 1 at Breakfast and 1 at Dinner	1 shake daily at breakfast <i>*If protocol followed exactly, shakes will run out on day 5 of this week. Take detox shake until finished.</i>

XYMOGEN AIP PROTOCOL (CONT.)

Supplements to Start on Day 31 (Mid-Detox)

MedPax Supplements		
AM Supplements: Breakfast	PM Supplements: Dinner	Bedtime Supplements: Bedtime
1 - Curcuplex CR	1 - K2-D3 5000	1 - ColonX
2 - XenoProtX	1 - Omega MonoPure 1300 EC	2 - Optimag 125
1 - B Activ	2 - LipotropiX	
Capsule Supplements		
1 - ProbioMax Sb DF	Take 1 capsule	At bedtime

ORTHO AIP MOLECULAR

Days 1-30 Supplements

Powder Supplements		
Name	Instructions	When to take
SBI Protect	Mix 1 scoop in 4-6 oz. of water or unsweetened coconut milk	Before breakfast and dinner
Ortho Biotic Powder	Mix 1 scoop of Ortho Biotic Powder with SBI Protect (see instructions above)	Before dinner
Support Supplements		
AM Supplements: Breakfast	PM Supplements: Dinner	Bedtime Supplements: Bedtime
1 - Methyl CpG	1 - Vitamin K2 with D3	2 - Reacted Magnesium
1 - Inflammablox	2 - Orthomega 820	
1 - Reacted Magnesium	1 - Inflammablox	

Detox Shakes to Start on Day 15

Detox Shake Kit		
Name	Instructions	When to take:
Core Support - Vanilla	Add 1 serving to 8-10 oz. of water or unsweetened coconut milk. Mix in a shaker bottle or blend with ice until smooth.	Make and drink just prior to mealtime
MitoCORE	Take two capsules with each Core Support shake	With each Core Support shake
PhytoCore	Take capsules with Core Support shakes	Follow the 14 day schedule for PhytoCore listed below

ORTHO MOLECULAR AIP PROTOCOL (CONT.)

Detox Days 1-2	Detox Days 3-7	Detox Days 8-21	Detox Days 22-28
(Program Days 15-16)	(Program Days 17-21)	(Program Days 22-35)	(Program Days 36-42)
2 Core Support shakes daily	2 Core Support shakes daily	2 Core Support shakes daily	2 Core Support shakes daily
Take 2 MitoCORE capsules with each shake	Take 2 MitoCORE capsules with each shake	Take 2 MitoCORE capsules with each shake	Take 2 MitoCORE capsules with each shake
	Take 2 PhytoCore capsules with each shake	NEW Take 3 PhytoCore capsules with each shake	Take 2 PhytoCore capsules with each shake

Supplements to Start/Continue on Day 31 (Mid-Detox)

Support Supplements		
AM Supplements: Breakfast	PM Supplements: Dinner	Bedtime Supplements: Bedtime
1 - Methyl CpG	1 - Vitamin K2 with D3	2 - Reacted Magnesium
1 - Inflammablox	2 - Orthomega 820	NEW: 1 - Ortho Biotic (capsules)
1 - Reacted Magnesium	1 - Inflammablox	