















LIFE BALANCE PACK

TIME OF DAY/MEAL	PRODUCT USE (Supplements should not replace any meals.)
Breakfast or morning	    <p data-bbox="329 310 430 333">Probiotics</p> <p data-bbox="508 310 669 333">Natural Defense</p> <p data-bbox="329 429 491 453">Cranberry Clear</p> <p data-bbox="731 429 832 453">Senna Tea</p>
Mid-morning snack	  <p data-bbox="493 633 809 656">Pure Energy Greens with MSM*</p>
Lunch or mid-day	 <p data-bbox="337 769 498 793">Natural Defense</p>
Mid-afternoon snack	  <p data-bbox="485 973 801 997">Pure Energy Greens with MSM*</p>
Dinner or evening	   <p data-bbox="329 1150 491 1174">Cranberry Clear</p> <p data-bbox="519 1150 680 1174">Natural Defense</p> <p data-bbox="710 1150 820 1174">Inner Clear</p>
Evening snack	  <p data-bbox="485 1376 801 1400">Pure Energy Greens with MSM*</p>

*Pure Energy Greens with MSM is not part of the Life Balance Pack, but it is recommended that you take it regularly, even when you are not cleansing.