

## ENZYME PROTOCOL CHECK LIST

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- **9:00** - dilute sachet #1 in 200ml of warm water
- **9:30** - drink 200ml of warm water
- **10:00** - dilute sachet #1 in 200ml of warm water
- **10:30** - drink 200ml of warm water
- **11:00** - dilute sachet #1 in 200ml of warm water
- **11:30** - drink 200ml of warm water
- **12:00** - dilute sachet #1 in 200ml of warm water
- **12:30** - add 30ml of liquid enzymes to 200ml of warm water
- **13:00** - « Belly massage »
- **14:00** - add 20ml of liquid enzymes and dilute sachet #1 in 200ml of warm water
- **14:30** - drink 200ml of warm water
- **15:00** - add 20ml of liquid enzymes and dilute sachet #1 in 200ml of warm water
- **15:30** - drink 200ml of warm water
- **16:00** - Relax for a moment and/or take a bath
- **17:00** - add 20ml of liquid enzymes and dilute sachet #1 in 200ml of warm water
- **17:30** - drink 200ml of warm water
- **18:00** - add 20ml of liquid enzymes and dilute sachet #1 in 200ml of warm water
- **18:30** - drink 200ml of warm water
- **19:00** - add 20ml of liquid enzymes and dilute sachet #1 in 200ml of warm water
- **19:30** - drink 200ml of warm water
- **20:00** - « Belly massage »
- **21:00** - add 20ml of liquid enzymes and dilute sachet #1 in 200ml of warm water
- **21:30** - take the sachet with the 6 HighFiberZym pills and drink 200ml of warm water

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### A Good Night Sleep!

When you wake up take the 30ml of liquid enzymes left in 300ml of warm water.