

Directions for 21-Day Purification Program

	Week One	Week Two	Week Three
SP Complete with Flax Oil <i>See Instructions</i>	2 times /day	2 times /day	2 times /day
Gastro Fiber	3 capsules 3x/day (9)	3 capsules 3x/day (9)	3 capsules 3x/day (9)
SP Cleanse	7 capsules 3x/day (21)	--	--
SP Green Food	--	5 capsules 2x/day (10)	5 capsules 2x/day (10)

* Dr. Horton prefers **Barleans Flax Oil**. It is sold at some GNC stores, Vitamin Shoppes, and Whole Foods in a special refrigerator in the supplement section. Good oil is sensitive to light, heat, and oxygen, so Barleans is refrigerated in a black bottle with a special cap that seals it from light and air.