

30 Tage Darmreinigung "kleine Kur"

Phase 1 Aktivierung

TAG	1	2	3	4	5	6	7	8	9	10
 2x5 Tropfen	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●
 optional 2x 1 Kapsel alternativ 2x 2 Tropfen	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●

Phase 2 zurücksetzen

TAG	1	2	3	4	5	6	7	8	9	10
 2x5 Tropfen	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●
 2x 1 Kapsel	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●

Phase 3 Erneuern

TAG	1	2	3	4	5	6	7	8	9	10
 2x5 Tropfen	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●
 1x 3 Kapseln	●	●	●	●	●	●	●	●	●	●