

The Ultimate Detox Supplement List

10 Years
Younger
in 10
Weeks

DETOX AND TAKE A BITE OUT OF TIME

Good food and appropriate supplements help rebuild your body. Here is your supplement shopping list for a great targeted cleansing programme, which will leave you with surplus energy, joy, confidence, self-esteem and much much more.

	Product	Dosage	From week	Where to buy	For how long	Other
<input type="checkbox"/>	Cold-pressed extra virgin flaxseed oil	2 tbsp.	Week 5 and for the rest of your life!	Most health food stores and some supermarkets	Always	
<input type="checkbox"/>	Cold-pressed extra virgin coconut oil	2–3 tbsp.	Week 5 at the latest, and for the rest of your life!	Health food stores and some supermarkets	4–8 weeks	
<input type="checkbox"/>	Fast & Be Clear	2 scoops morning (see detox shake recipe on p. 220)	Weeks 5–7	Health food stores or see my online supplement recommendations Order Fast & Be Clear here		
<input type="checkbox"/>	Probiotics	1–2 capsules before breakfast and before bed	Weeks 5–10	Health food stores or see my online supplement recommendations Order Probiotics here	All weeks and for a couple of months afterwards	
<input type="checkbox"/>	Saccharomyces boulardii	1–2 capsules before breakfast and before bed	Weeks 5–10	Health food stores or see my online supplement recommendations Order Saccharomyces Boulardii here	All weeks	
<input type="checkbox"/>	Candida complex	1 capsule three times daily	Week 5	Health food stores or see my online supplement recommendations Order Candida Complex here		After meals. Helps fight bacteria and fungi

<input type="checkbox"/>	Milk thistle vegetable capsules	2 capsules	Weeks 6-10	Health food stores or see my online supplement recommendations Order Milk Thistle Vegetable Capsules here	Liver and optimisation of glutathione, e.g. Siliverin from Solaray	
<input type="checkbox"/>	Candida complex	2 capsules twice daily	Week 6			Smells of garlic for 10 minutes, after which the smell disappears. For new or old throat infections that can affect the immune response
<input type="checkbox"/>	Candida complex	1 capsule three times daily	Weeks 7-8	Health food stores or see my online supplement recommendations Order Candida Complex here		
<input type="checkbox"/>	Vitamin B complex	1 tablet two to three times daily	Weeks 7-10	Health food stores or see my online supplement recommendations Order Vitamin B Complex here		Examples: NOW, Solgar B-100, Super B-Complex
<input type="checkbox"/>	Magnesium citrate	250 mg twice daily	Weeks 7-10	Health food stores or see my online supplement recommendations Order Magnesium Citrate here		
<input type="checkbox"/>	Vitamin C / Buffered Vitamin C	1000 mg three times daily /1sachet a day	Weeks 7-10	Health food stores or see my online supplement recommendations Order Vitamin C / Buffered Vitamin C here		

<input type="checkbox"/>	Vitamin D3	2000 IU	Weeks 7-10	Health food stores or see my online supplement recommendations Order Vitamin D3 here	All weeks	Should be taken all year round
<input type="checkbox"/>	Vitamin E	350 IU	Weeks 7-10	Health food stores or see my online supplement recommendations Order Vitamin E here		Energy and mitochondria
<input type="checkbox"/>	Co-enzyme Q10	30 mg three times daily	Weeks 7-10	Health food stores or see my online supplement recommendations Order Co-enzyme Q10 here	All weeks and for a couple of months afterwards	

You might want to order the [Detox Support Pack](#)