

# SCHEDULE OF CONSUMPTION

TIME	PRODUCT	INTAKE
Wake up time or 7:30 am	Bio- Wheatgrass	Dissolve sachet in 8oz of water
8:00 am Breakfast	Bio-Balance & Bio-Diet	Drink separately in 12oz of water
10:00 am Snack	Bio-Cell	Dissolve sachet in 8oz of water
12:00 pm Lunch	Bio-Balance & Bio-Diet	Drink separately in 12oz of water
3:00 pm Snack	Bio-Cell	Dissolve sachet in 8oz of water
6:00 pm Dinner	Bio-Balance & Bio-Diet	Drink separately in 12oz of water
9:00 pm or before sleeping	Bio- Wheatgrass	Dissolve sachet in 8oz of water