

# Your Triplex Combo Guide





# TriPlex Combo Guide

Healing your gut takes time and patience. It is not an overnight process and it personally took about 6 months for me to feel like I was really healing. I was always sick, always tired, couldn't lose those last 10 pounds, craved sweets and carbs, and needed help.

This is why I love the TriPlex combo, I still take it daily because I know I'm not perfect and need help on this holistic journey.

I'm going to walk you through how to take the TriPlex combo.

Here are some things to keep in mind:

1. This is not quick fix to solve all your problems. This is a tool that will help you make better choices, promote good gut bacteria, gently detox and cleanse the body, and provide natural energy.
2. You have to be consistent. This goes with everything right? If you skip days, forget to reorder, only give it a month to work, you'll be disappointed.
3. YOU CAN DO THIS. You can heal. You can get better. You can have more energy. You can eat better. You can stay consistent.
4. Questions? Make sure you're in the Health from Within Facebook group!



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Days 1-3

Just ONE packet of  
Slim in the AM

Day 4

Just ONE packet of Slim and one  
BioCleanse in the AM

Days 5-8

Just ONE packet of Slim &  
one BioCleanse in the AM  
One ProBio5 before bed  
after you're done eating for  
the day

Days 9-12

Just ONE packet of Slim &  
two BioCleanse in the AM  
One ProBio5 before bed  
after you're done eating for  
the day

Days 13-15

Just ONE packet of Slim &  
two BioCleanse in the AM  
Two ProBio5 before bed  
after you're done eating for  
the day

Days 15+

Just ONE packet of Slim &  
two BioCleanse in the AM  
Two ProBio5 before bed  
after you're done eating for  
the day

After day 15, some individuals need another BioCleanse in the afternoon after lunch. If you're not going to the bathroom (you know what I mean), please take the additional BioCleanse in the afternoon. This is important for proper digestion



# Want More?

More discounts?

More meal plans?

More workouts?

More coaching?

More community?

Its time to join the Squad

[www.holisticallyfitsquad.com](http://www.holisticallyfitsquad.com)

