



Supplement Schedule

Tonie Gooley



MORNING

Mould Mix + Histaminum
5 drops directly into mouth

Summary

- Eliminate symptoms experienced since mould exposure
- Gently support the body to clear toxic load from mould and other toxin exposure
- Restore and support gut health

DAY

GI Repair
1 scoop in water or juice with food

Advanced Synbiotic Powder
1 scoop in water or juice

These need to be taken 4 hours away from medications and can be taken together

Organic Pomegranate juice
Dose: 30 mLs

Daily Goals

Continue with these goals

- Take note of any changes after each week
- Water Intake: while detoxing it is essential to drink enough water to support your body eliminating the toxins. Aim to drink 1.5-2 litres filtered water daily
- Gluten: Aim to eliminate from diet to reduce inflammatory symptoms at a minimum switch to Rye or Spelt Sourdough

EVENING

Combo Mix
5 drops directly into mouth

