

Getting Started with The Fibro Cleanse – Which Strength Is Right for You?



The goal is to build up to the Full Detox for 30 days in a row.

Full Detox

2 capsules zeolites, 3 times a day for 30 days PLUS

1 teaspoon Ferm Plus Pro (or other therapeutic-grade probiotic), 3 times a day for 30 days

Slow Build Up

Start with 1 capsule zeolites, 1 time a day, increase by 1 capsule, every 3 to 5 days (if no negative side effects) PLUS

½ teaspoon Ferm Plus Pro, 1 time a day, increase by ½ teaspoon every 3 to 5 days.

Ultra Slow Build Up

Make a solution of 1 capsule zeolites in 8 ounces (1 cup) filtered water in a resealable jar. Shake well before each use. Start with 1 tablespoon of this mixture, 1 time a day, increase by 1 tablespoon every 3-5 days PLUS

¼ teaspoon Ferm Plus Pro, 1 time a day, increase by ¼ teaspoon at a different time of day, every 3-5 days.

Super Ultra Slow Build Up

Make a solution of 1 capsule zeolites in 8 ounces (1 cup) filtered water in a resealable jar. Shake well before each use. Add 1 tablespoon of this solution in a bottle of 1 liter of filtered water. Drink on this water throughout the day. If this is bothersome, go to 1 teaspoon of zeolite solution in the 1 liter bottle, and you can even go down to 1 drop into the 1 liter. Build up every 3-5 days, by double PLUS

1/16th of a teaspoon (a pinch) of Ferm Plus Pro in a serving of yogurt or applesauce, which you can try eating at once, or over the course of the day.

Tracking Supplements Sheet

First pick where you think you need to begin, Full Detox, Slow Build Up, Ultra Slow Build Up, or Super Ultra Slow Build Up.

Then using the tables below to keep track of your progress. The goal is to move up through the steps to get to 30 days at the Full Detox Amount.

If you need to go slower, just add a couple of more days between progressions. If you experience negative side effects you find too uncomfortable, go back to HALF of where you were, and then start again from there.

Full Detox

Supplement	Amount	Day	Time 1	Time 2	Time 3
			ZC / FPP	ZC / FPP	ZC / FPP
Strength: Full Detox					
Zeo Caps	2 Caps	1	___/___	___/___	___/___
	3x/day		___/___	___/___	___/___
Ferm Plus Pro	1 tsp 3x/day	2	___/___	___/___	___/___
		3	___/___	___/___	___/___
		4	___/___	___/___	___/___
		5	___/___	___/___	___/___
		6	___/___	___/___	___/___
		7	___/___	___/___	___/___
		8	___/___	___/___	___/___
		9	___/___	___/___	___/___
		10	___/___	___/___	___/___
		11	___/___	___/___	___/___
		12	___/___	___/___	___/___
		13	___/___	___/___	___/___
		14	___/___	___/___	___/___
		15	___/___	___/___	___/___
		16	___/___	___/___	___/___
		17	___/___	___/___	___/___
		18	___/___	___/___	___/___
		19	___/___	___/___	___/___
		20	___/___	___/___	___/___
		21	___/___	___/___	___/___
		22	___/___	___/___	___/___
		23	___/___	___/___	___/___
		24	___/___	___/___	___/___
		25	___/___	___/___	___/___
		26	___/___	___/___	___/___
		27	___/___	___/___	___/___
		28	___/___	___/___	___/___
		29	___/___	___/___	___/___
		30	___/___	___/___	___/___

Slow Build Up

Supplement	Amount	Day	Time 1	Time 2	Time 3
			ZC / FPP	ZC / FPP	ZC / FPP
Strength: Slow Build Up					
Zeo Caps	1 Cap 1x/day	1	___/___	___/___	___/___
Ferm Plus Pro	1/2 tsp 1x/day	2	___/___	___/___	___/___
		3	___/___	___/___	___/___
Zeo Caps	1 Cap 2x/day	4	___/___	___/___	___/___
Ferm Plus Pro	1/2 tsp 2x/day	5	___/___	___/___	___/___
		6	___/___	___/___	___/___
Zeo Caps	1 Cap 3x/day	7	___/___	___/___	___/___
Ferm Plus Pro	1/2 tsp 3x/day	8	___/___	___/___	___/___
		9	___/___	___/___	___/___
Zeo Caps	2 Caps 1x/day & 1 Cap 2x/day	10	___/___	___/___	___/___
Ferm Plus Pro	1 tsp 1x/day & 1/2 tsp 2x/day	11	___/___	___/___	___/___
		12	___/___	___/___	___/___
Zeo Caps	2 Caps 2x/day & 1 Cap 1x/day	13	___/___	___/___	___/___
Ferm Plus Pro	1 tsp 2x/day & 1/2 tsp 1x/day	14	___/___	___/___	___/___
		15	___/___	___/___	___/___

Go to Full Detox for 30 days

Ultra Slow Build Up

Supplement	Amount	Day	Time 1	Time 2	Time 3
			ZC / FPP	ZC / FPP	ZC / FPP
Strength: Ultra Slow Build Up					
Zeo Cap Mix.	1 T 1x/day	1	___/___	___/___	___/___
Ferm Plus Pro	1/4 tsp 1x/day	2	___/___	___/___	___/___
		3	___/___	___/___	___/___
Zeo Cap Mix.	1 T 2x/day	4	___/___	___/___	___/___
Ferm Plus Pro	1/4 tsp 2x/day	5	___/___	___/___	___/___
		6	___/___	___/___	___/___
Zeo Cap Mix.	1 T 3x/day	7	___/___	___/___	___/___
Ferm Plus Pro	1/4 tsp 3x/day	8	___/___	___/___	___/___
		9	___/___	___/___	___/___
Zeo Cap Mix.	2 T 1x/day & 1 T 2x/day	10	___/___	___/___	___/___
Ferm Plus Pro	1/2 tsp 1x/day & 1/4 tsp 2x/day	11	___/___	___/___	___/___
		12	___/___	___/___	___/___
Zeo Cap Mix.	2 Ts 2x/day & 1 T 1x/day	13	___/___	___/___	___/___
Ferm Plus Pro	1/2 tsp 2x/day & 1/4 tsp 1x/day	14	___/___	___/___	___/___
		15	___/___	___/___	___/___
Zeo Cap Mix.	2 Ts 3x/day	16	___/___	___/___	___/___
Ferm Plus Pro	1/2 tsp 3x/day	17	___/___	___/___	___/___
		18	___/___	___/___	___/___
Zeo Cap Mix.	3T 1x/day & 2Ts 2x/day	19	___/___	___/___	___/___
Ferm Plus Pro	1 tsp 1x/day and 1/2 tsp 2x/day	20	___/___	___/___	___/___
		21	___/___	___/___	___/___
Zeo Cap Mix.	3T 2x/day & 1 T 1x/day	22	___/___	___/___	___/___
Ferm Plus Pro	1 tsp 2x/day and 1/2 tsp 1x/day	23	___/___	___/___	___/___
		24	___/___	___/___	___/___
Zeo Cap Mix.	4 T 3x/day	25	___/___	___/___	___/___
Ferm Plus Pro	1 tsp 3x/day FULL DETOX AMT!!	26	___/___	___/___	___/___
		27	___/___	___/___	___/___
Zeo Cap Mix.	1/2 cup 1x/day, 1/4 C 2x/day	28	___/___	___/___	___/___
Ferm Plus Pro	1 tsp 3x/day FULL DETOX AMT!!	29	___/___	___/___	___/___
		30	___/___	___/___	___/___
Zeo Cap Mix.	1/2C 2x/day, 1/4 C 1x/day	31	___/___	___/___	___/___

Ferm Plus Pro	1 tsp 3xday FULL DETOX AMT!!	32	___/___	___/___	___/___
		33	___/___	___/___	___/___
Zeo Cap Mix.	1/2 Cup 3xday	34	___/___	___/___	___/___
Ferm Plus Pro	1 tsp 3xday FULL DETOX AMT!!	35	___/___	___/___	___/___
		36	___/___	___/___	___/___

Go to Slow Build Up for Zeo Caps and Stay on the Full Detox Amount for Ferm Plus Pro.

Super Ultra Slow Build Up

Supplement	Amount	Day	Time 1	Time 2	Time 3
			ZC / FPP	ZC / FPP	ZC / FPP
Strength: Super Ultra Slow Build Up					
	1 T in 1 liter water, drink throughout				
Zeo Cap Mix.	day	1	___/___	___/___	___/___
Ferm Plus Pro	1/16 tsp 1x/day	2	___/___	___/___	___/___
		3	___/___	___/___	___/___
	2 T in 1 liter water, drink throughout				
Zeo Cap Mix.	day	4	___/___	___/___	___/___
Ferm Plus Pro	1/16 tsp 2x/day	5	___/___	___/___	___/___
		6	___/___	___/___	___/___
	3 T in 1 liter water, drink throughout				
Zeo Cap Mix.	day	7	___/___	___/___	___/___
Ferm Plus Pro	1/16 tsp 3x/day	8	___/___	___/___	___/___
		9	___/___	___/___	___/___
	4 T in 1 liter water, drink throughout				
Zeo Cap Mix.	day	10	___/___	___/___	___/___
Ferm Plus Pro	1/4 tsp 1x/day & 1/16 tsp 2x/day	11	___/___	___/___	___/___
		12	___/___	___/___	___/___
	5 T in 1 liter water, drink throughout				
Zeo Cap Mix.	day	13	___/___	___/___	___/___
Ferm Plus Pro	1/4 tsp 2x/day & 1/16 tsp 1x/day	14	___/___	___/___	___/___
		15	___/___	___/___	___/___
	6 T in 1 liter water, drink throughout				
Zeo Cap Mix.	day	16	___/___	___/___	___/___
Ferm Plus Pro	1/4 tsp 3x/day	17	___/___	___/___	___/___
		18	___/___	___/___	___/___

Go to Ultra Slow Build Up.