

# BASIC - APTOGENIX 60 DAY PROTOCOL

## Days 1-30 Supplements

Powder Supplements	
Name	Instructions
Methyl Assist	Just after Breakfast: Mix 1 scoop in 8 oz of water, unsweetened nut milk or coconut milk. Drink slowly. **If you experience any adverse reaction, take 1/2 scoop after breakfast and 1/2 scoop after dinner. 1 Scoop = 1 Tablespoon
GI Immune Restore	Dinner Time: Mix 1 scoop in 4-6 oz of water, unsweetened nut or coconut milk (mix with Methyl Assist if desired)
Bottled Supplements	
AM Supplements: Breakfast	PM Supplements: Dinner
1 - Min Essentials	1 - Enhanced ADK
1 - Inflamm Assist	1 - Omega Advanced
1 - Bio Spore SB	1 - Min Essentials
1 - Essential Mag	1 - Essential Mag
1 - Berberine Plus	

## Days 31-60 Supplements

Bottled Supplements	
AM Supplements: Breakfast	PM Supplements: Dinner
1 - B Essentials	1 - Enhanced ADK
2 - Detox Assist	1 - Omega Advanced
1 - Essential Mag	1 - Min Essentials
1 - Min Essentials	1 - Essential Mag

## BASIC - APTOGENIX PROTOCOL (CONT.)

Detox Shakes: Days 31-44 (14 days)		
<b>AptoClear Complete</b>	<b>Instructions:</b> Add 2 scoops to 8-10 oz. of water or unsweetened almond or coconut milk. Mix in a shaker bottle or blend with ice until smooth. Note: These shakes may be consumed in place of a meal. If desired, you may eat a small meal after each shake. If noticing signs of continued hunger, lightheadedness, or general feelings of discomfort after consuming your shake, that is an indication that you may need additional calories in conjunction with your shake.	<b>When to take:</b> Take 2 shakes per day. Select any two mealtimes at which to consume.
AptoClear Complete Meal #1 Shake		AptoClear Complete Meal #2 Shake
In AM-Add 1 scoop Methyl Assist or take separately. If together with AptoClear, add 2 oz of liquid. Take 1 scoop per day until you run out completely.		

**CONTAINS:**

Starting Day 1:

- 1 - Methyl Assist - 30 scoops/servings**
- 1 - GI Immune Restore - 30 scoops/servings**
- 1 - Min Essentials - 120 capsules/60 servings**
- 1 - Inflam Assist - 30 tablets/30 servings**
- 2 - Enhanced ADK - 30 capsules/30 servings**
- 1 - Omega Advanced - 60 capsules/60 servings**
- 1 - Essential Mag - 120 capsules/60 servings (1 bottle for both months)**
- 1 - BioSpore SB - 30 capsules/30 servings**
- 1 - Berberine Plus - 30 capsules**

Starting Day 31:

- 1 - Detox Assist - 60 capsules/30 servings**
- 1 - B Essentials - 90 capsules/90 servings (60 capsules extra)**
- 2 - AptoClear Complete Vegan - 56 scoops/28 servings**

# PRO - APTOGENIX 60 DAY PROTOCOL

## Days 1-30 Supplements

Powder Supplements	
Name	Instructions
Methyl Assist	Just after Breakfast: Mix 1 scoop in 8 oz of water, unsweetened nut milk or coconut milk. Drink slowly. **If you experience any adverse reaction, take 1/2 scoop after breakfast and 1/2 scoop after dinner. 1 scoop = 1 Tablespoon
GI Immune Restore	Dinner Time: Mix 1 scoop in 4-6 oz of water, unsweetened nut or coconut milk (mix with Methyl Assist if desired)
Bottled Supplements	
AM Supplements: Breakfast	PM Supplements: Dinner
1 - BioSpore SB	1 - Enhanced ADK
1 - Inflamm Assist	1 - Omega Advanced
1 - Min Essentials	1 - Min Essentials
1 - Berberine Plus	1 - Essential Mag
1 - Essential Mag	

## Days 31-60 Supplements

Bottled Supplements	
AM Supplements: Breakfast	PM Supplements: Dinner
1 - Activated Sulforaphane	1 - Enhanced ADK
2 - Detox Assist	1 - Omega Advanced
1 - B Essentials	1 - Liver GB Assist
1 - Liver GB Assist	1 - Quercetin-C
1 - Essential Mag	1 - Min Essentials
1 - Min Essentials	1 - Essential Mag
	1 - Bio Spore SB

## PRO - APTOGENIX PROTOCOL (CONT.)

Detox Shakes: Days 31-44 (14 days)	
<b>AptoClear Complete</b>	<p><b>Instructions:</b> Add 2 scoops to 8-10 oz. of water or unsweetened almond or coconut milk. Mix in a shaker bottle or blend with ice until smooth. Note: These shakes may be consumed in place of a meal. If desired, you may eat a small meal after each shake. If noticing signs of continued hunger, lightheadedness, or general feelings of discomfort after consuming your shake, that is an indication that you may need additional calories in conjunction with your shake.</p>
<p><b>When to take:</b> Take 2 shakes per day. Select any two mealtimes at which to consume.</p>	
AptoClear Complete Meal #1 Shake	AptoClear Complete Meal #2 Shake
In AM-Add 1 scoop <b>Methyl Assist</b> or take separately. If together with AptoClear, add 2 oz of liquid. Take 1 scoop per day until you run out completely.	Dinner Time: Mix 1 scoop <b>GI Immune Restore</b> in 4-6 oz of water, unsweetened nut or coconut milk
2 - Toxin Defense (1 hour before/after shake and other food, meds, or supps)	2 - Toxin Defense (1 hour before/after shake and other food, meds, or supps)

**CONTAINS:**

Starting Day 1:

- 1 - **Methyl Assist - 30 scoops/servings**
- 1 - **GI Immune Restore - 30 scoops/servings**
- 1 - **Min Essentials - 120 capsules/60 servings**
- 1 - **Inflam Assist - 30 tablets/30 servings**
- 2 - **Enhanced ADK - 30 capsules/30 servings**
- 1 - **Omega Advanced - 60 capsules/60 servings**
- 1 - **Essential Mag - 120 capsules/60 servings (1 bottle for both months)**
- 1 - **BioSpore SB - 30 capsules/30 servings**
- 1 - **Berberine Plus - 30 capsules**

Starting Day 31:

- 1 - **Activated Sulforaphane - 30 capsules/30 servings**
- 1 - **Detox Assist - 60 capsules/30 servings**
- 1 - **B Essentials - 90 capsules/90 servings (60 capsules extra)**
- 1 - **Liver GB Assist - 60 capsules/60 servings**
- 1 - **Quercetin-C - 30 Capsules/30 servings**
- 2 - **AptoClear Complete Vegan - 56 scoops/28 servings**
- 2 - **Toxin Defense - 56 capsules/28 servings (4 capsules extra)**
- NEW (03.2026)** 1 - **BioSpore SB - 30 capsules/30 servings**
- NEW (03.2026)** 1 - **GI Immune Restore - 30 scoops/servings**

# APTOGENIX MAINTENANCE PROTOCOL

## Maintenance Supplements - Basic

Bottled Supplements	
AM Supplements: Breakfast	PM Supplements: Dinner
1 - B Essentials	1 - Min Essentials
1 - Essential Mag	1 - Essential Mag
1 - Min Essentials	

**Minimum 2 Month Supply:**

- 1 - B Essentials - 90 capsules**
- 1 - Essential Mag - 120 capsules/60 servings**
- 1 - Min Essentials - 120 capsules/60 servings**

## Maintenance Supplements - Standard

Bottled Supplements	
AM Supplements: Breakfast	PM Supplements: Dinner
1 - B Essentials	1 - Enhanced ADK
1 - Essential Mag	1 - Essential Mag
1 - Min Essentials	1 - Min Essentials
	1 - Omega Advanced

**Minimum 2 Month Supply:**

- 1 - B Essentials - 90 capsules**
- 1 - Essential Mag - 120 capsules/60 servings**
- 1 - Min Essentials - 120 capsules/60 servings**
- 2 - Enhanced ADK - 30 capsules**
- 1 - Omega Advanced - 60 capsules/60 servings**

## Maintenance Supplements - Advanced

Bottled Supplements	
AM Supplements: Breakfast	PM Supplements: Dinner
1 - B Essentials	1 - Enhanced ADK
1 - Omega Advanced	1 - Essential Mag
1 - Min Essentials	1 - Min Essentials
1 - Quercetin-C	1 - Bio Spore SB
1 - Essential Mag	

### Minimum 2 Month Supply:

**1 - B Essentials - 90 capsules**

**1 - Essential Mag - 120 capsules/60 servings**

**1 - Min Essentials - 120 capsules/60 servings**

**2 - Enhanced ADK - 30 capsules**

**1 - Omega Advanced - 60 capsules/60 servings**

**2 - Quercetin-C - 30 capsules**

**2 - Bio Spore SB - 30 capsules**

# AIP - APTOGENIX 60 DAY PROTOCOL

## Days 1-30 Supplements

Powder Supplements	
Name	Instructions
Methyl Assist	Just after Breakfast: Mix 1 scoop in 8 oz of water, unsweetened nut or coconut milk. Drink slowly. **If you experience any adverse reaction, take 1/2 scoop after breakfast and 1/2 scoop after dinner.
GI Immune Restore	Dinner Time: Mix 1 scoop in 4-6 oz of water, unsweetened nut or coconut milk (mix with Methyl Assist if desired)
Bottled Supplements	
AM Supplements: Breakfast	PM Supplements: Dinner
1 - Min Essentials	1 - Enhanced ADK
1 - Inflamm Assist	1 - Omega Advanced
1 - Bio Spore SB	1 - Min Essentials
1 - Essential Mag	1 - Essential Mag
1 - Berberine Plus	

## Detox Shakes to Start on Day 15

Detox Shakes		
<b>Aptoclear Complete</b>	<p><b>Instructions:</b> Add 2 scoops to 8-10 oz. of water or unsweetened almond or coconut milk. Mix in a shaker bottle or blend with ice until smooth. Note: These shakes may be consumed in place of a meal. If desired, you may eat a small meal after each shake. If noticing signs of continued hunger, lightheadedness, or general feelings of discomfort after consuming your shake, that is an indication that you may need additional calories in conjunction with your shake.</p>	<p><b>When to take:</b> Take detox shakes according to below schedule.</p>

Detox Days 1-7 (Week 1)	Detox Days 8-21 (Weeks 2 & 3)	Detox Days 22-28 (Week 4)
(Program Days 15-21)	(Program Days 22-35)	(Program Days 36-42)
1 shake daily at breakfast	2 shakes daily: Breakfast + Dinner	1 shake daily at breakfast
Add 1 scoop <b>Methyl Assist</b> or take separately. If together with AptoClear, add 2 oz of liquid.	Add 1 scoop <b>Methyl Assist</b> or take separately. If together with AptoClear, add 2 oz of liquid. Take 1 scoop per day until you run out completely.	Add 1 scoop <b>Methyl Assist</b> or take separately. If together with AptoClear, add 2 oz of liquid. Take 1 scoop per day until you run out completely.
<b>Toxin Defense</b> - Take 1 capsule (1 hour before/after shake and other food, meds, or supps)	<b>Toxin Defense</b> - Take 1 capsule (1 hour before/after each shake and other food, meds, or supps)	<b>Toxin Defense</b> - Take 1 capsule (1 hour before/after shake and other food, meds, or supps)

### Days 31-60 Supplements

Bottled Supplements	
AM Supplements: Breakfast	PM Supplements: Dinner
1 - B Essentials	1 - Enhanced ADK
2 - Detox Assist	1 - Omega Advanced
1 - Essential Mag	1 - Min Essentials
1 - Min Essentials	1 - Essential Mag

#### CONTAINS:

Starting Day 1:

- 1 - **Methyl Assist** - 30 scoops/servings
- 1 - **GI Immune Restore** - 30 scoops/servings
- 1 - **Min Essentials** - 120 capsules/60 servings (30 capsules extra)
- 1 - **Inflam Assist** - 30 tablets/30 servings
- 2 - **Enhanced ADK** - 30 capsules/30 servings
- 1 - **Omega Advanced** - 60 capsules/60 servings
- 1 - **Essential Mag** - 120 capsules/60 servings (1 bottle for both months)
- 1 - **BioSpore SB** - 30 capsules/30 servings
- 1 - **Berberine Plus** - 30 capsules

Starting Day 15:

- 3 - **AptoClear Complete Vegan** - 84 scoops/42 servings
- 1 - **Toxin Defense** - 42 capsules/28 servings (18 capsules extra)

Starting Day 31:

- 1 - **Detox Assist** - 60 capsules/30 servings
- 1 - **B Essentials** - 90 capsules/90 servings (60 capsules extra)

# PLANT-BASED - APTOGENIX 60 DAY PROTOCOL

## Days 1-30 Supplements

Bottled Supplements	
AM Supplements: Breakfast	PM Supplements: Dinner
1 - Inflamm Assist	1 - Enhanced ADK (not Vegan)
1 - Min Essentials	1 - Min Essentials
1 - Berberine Plus	1 - Bio Spore SB
1 - Essential Mag	1 - Essential Mag
1 - B Essentials	1 - B Essentials

- Vibility recommends adding a L-Glutamine based supplement to the Days 1-30 regimen
- Vibility also recommends adding a vegan Omega 3 EPA/DHA supplement to both Days 1-30 and Days 31-60

## Days 31-60 Supplements

Bottled Supplements	
AM Supplements: Breakfast	PM Supplements: Dinner
1 - Activated Sulforaphane	1 - Enhanced ADK (not Vegan)
2 - Detox Assist	1 - Min Essentials
1 - B Essentials	1 - Essential Mag
1 - Essential Mag	
1 - Min Essentials	

## PLANT-BASED - APTOGENIX PROTOCOL (CONT.)

Detox Shakes: Days 31-44 (14 days)	
<b>AptoClear Complete</b>	<p><b>Instructions:</b> Add 2 scoops to 8-10 oz. of water or unsweetened almond or coconut milk. Mix in a shaker bottle or blend with ice until smooth. Note: These shakes may be consumed in place of a meal. If desired, you may eat a small meal after each shake. If noticing signs of continued hunger, lightheadedness, or general feelings of discomfort after consuming your shake, that is an indication that you may need additional calories in conjunction with your shake.</p>
	<p><b>When to take:</b> Take 2 shakes per day. Select any two mealtimes at which to consume.</p>
AptoClear Complete Meal #1 Shake	AptoClear Complete Meal #2 Shake
2 - Toxin Defense (1 hour before/after food, meds, or supps)	2 - Toxin Defense (1 hour before/after food, meds, or supps)

### CONTAINS:

Starting Day 1:

- 1 - Min Essentials - 120 capsules/60 servings (30 capsules extra)
- 1 - Inflamm Assist - 30 tablets/30 servings
- 2 - Enhanced ADK - 30 capsules/30 servings
- 1 - Essential Mag - 120 capsules/60 servings (1 bottle for both months)
- 1 - BioSpore SB - 30 capsules/30 servings
- 1 - Berberine Plus - 30 capsules

Starting Day 31:

- 1 - Activated Sulforaphane - 30 capsules/30 servings
- 1 - Detox Assist - 60 capsules/30 servings
- 1 - B Essentials - 90 capsules/90 servings
- 2 - AptoClear Complete Vegan - 56 scoops/28 servings
- 1 - Toxin Defense - 56 capsules/28 servings (4 capsules extra)

# APTOGENIX 30 DAY PROTOCOL

## Days 1-30 Supplements

Powder Supplements: Days 1-15	
Name	Instructions
GI Immune Restore	Breakfast and Dinner Time: Mix 1 scoop in 4-6 oz of water, unsweetened nut or coconut milk
Bottled Supplements	
AM Supplements: Breakfast	PM Supplements: Dinner
2 - Detox Assist	1 - Enhanced ADK
1 - B Essentials	1 - Omega Advanced
1 - Min Essentials	1 - Min Essentials
1 - Berberine Plus	1 - Essential Mag
1 - Essential Mag	1 - Bio Spore SB

## Days 15-30 Detox Supplements

Detox Shakes: Days 15-28 (14 days)		
<b>AptoClear Complete</b>	Instructions: Add 2 scoops to 8-10 oz. of water or unsweetened almond or coconut milk. Mix in a shaker bottle or blend with ice until smooth. Note: These shakes may be consumed in place of a meal. If desired, you may eat a small meal after each shake. If noticing signs of continued hunger, lightheadedness, or general feelings of discomfort, that is an indication that you may need additional calories in conjunction with your shake.	<b>When to take:</b> Take 2 shakes per day. Select any two mealtimes at which to consume.
AptoClear Complete Meal #1 Shake		AptoClear Complete Meal #2 Shake

**CONTAINS:**

Starting Day 1:

- 1 - GI Immune Restore - 30 scoops/servings**
- 1 - Min Essentials - 120 capsules/60 servings (60 capsules extra)**
- 1 - B Essentials - 90 capsules/90 servings (60 capsules extra)**
- 1 - Enhanced ADK - 30 capsules/30 servings**
- 1 - Omega Advanced - 60 capsules/60 servings (30 capsules extra)**
- 1 - Essential Mag - 120 capsules/60 servings (60 capsules extra)**
- 1 - BioSpore SB - 30 capsules/30 servings**
- 1 - Berberine Plus - 30 capsules**
- 1 - Detox Assist - 60 capsules/30 servings**

Starting Day 15:

- 2 - AptoClear Complete Vegan - 56 scoops/28 servings**