

1. Super Suppress



Take recommended number of capsules every morning before breakfast and again before lunch daily

2. Night Craves

Take recommended number of capsules at 4pm, before your dinner



3. Purify & Cleanse



Take recommended number of capsules from the 4th evening before bedtime daily

4. Heal & Harmonise

From the 5th morning take recommended capsules daily



5. OMNI Wild Yam Cream



Apply daily every morning and evening as required per advised areas