

# Ultimate Glow Protocol

7-Day Immunity Boosting Juice Cleanse • GoOrganic ME

A Clinical-Grade Radiance & Collagen Optimization Protocol

**Purpose:** Full inflammatory reset + sustained collagen synthesis support

**Best For:** Hormonal skin fluctuations, dullness, stress recovery, deeper glow

## DAILY TIMETABLE — Same Protocol Every Day (Days 1–7)

TIME	DRINK / ITEM	INGREDIENTS	CLINICAL FUNCTION
Wake Up (6–7 AM)	<b>Probiotic Turmeric Activation Shot</b>	Turmeric extract Black pepper (piperine) Live probiotic cultures	<i>Activates anti-inflammatory pathways; primes gut flora for optimal nutrient assimilation</i>
9:00 AM	<b>Sweet Kale (Collagen + Camu Camu Enhanced)</b>	Kale, lemon, apple, ginger Marine collagen peptides Camu Camu (natural Vit C)	<i>Vitamin C supports pro-collagen formation; polyphenols assist oxidative stress reduction</i> <b>Collagen Dose: 5g</b>
11:00 AM	<b>Strawberry Basil Lemonade (Electrolyte Infusion)</b>	Strawberries, lemon Basil, monk fruit Humantra electrolyte blend	<i>Supports intracellular hydration and mineral balance essential for dermal turgor</i>
1:00 PM	<b>Cold Crusher (Anti-Inflammatory Collagen Support)</b>	Carrot, orange, lemon Ginger, parsley Turmeric, black pepper Marine collagen peptides	<i>Beta-carotene &amp; Vitamin C assist collagen cross-linking; curcumin supports inflammatory modulation</i> <b>Collagen Dose: 5g</b>
3:00 PM	<b>Gravity Glow (Gut–Skin Axis Support)</b>	Cucumber, apple, ginger Mint, lemon Prebiotic fiber, aloe vera Marine collagen peptides	<i>Prebiotics nourish beneficial gut bacteria; aloe supports mucosal integrity</i> <b>Collagen Dose: 5g</b>
5:00 PM	<b>Earth Nectar (Mineral Restoration Complex)</b>	Watermelon, apple, lemon Turmeric, prebiotic Humantra electrolytes Natural mineral salts	<i>Potassium and trace minerals restore fluid equilibrium; reduce visible fatigue markers</i>
7:00 PM	<b>Almond Milk (Recovery Phase)</b>	Cold-pressed almond milk (unsweetened)  Optional: High-fiber vegetable soup	<i>Provides magnesium, healthy lipids, and gentle satiety for overnight cellular repair</i>

Total Daily Collagen Delivery

**15g Hydrolyzed Marine Collagen Peptides / Day**

## WHY THIS CLEANSE WORKS

**Collagen Dosing**

Spread through the day for improved absorption and utilization

<b>Vitamin C Co-Factors</b>	Camu Camu and citrus support endogenous collagen production
<b>Electrolytes + Mineral Salts</b>	Prevent fatigue and dull skin throughout the day
<b>Prebiotics + Probiotics</b>	Support microbiome balance — directly linked to skin clarity
<b>Turmeric + Black Pepper</b>	Inflammatory pathway modulation via curcumin and piperine

***15g/day aligns with clinical ranges (10–20g/day) shown to support:***

Skin Elasticity	Dermal Hydration	Fine Line Reduction	Nail & Hair Strength
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*This protocol is a structured nutritional cleanse. Consult a healthcare professional before beginning any cleanse program.*