

	<b>DAY TIME</b> Use patches in the morning at 8:00 am and Remove them at night at 8:00 pm (Drink 2 cups of water at the time of use)				<b>NIGHT TIME</b> Use (8:00 pm) Remove (8:00 am)
	<b>Y-AGE GLUTATHIONE</b>	<b>Y-AGE AEON</b>	<b>SP6 COMPLETE (optional)</b>	<b>ENERGY ENHANCER</b>	<b>Y-AGE CARNOSINE</b>
<b>MONDAY</b> Day 1	 CONCEPTION VESSEL 6	 GOVERNING VESSEL 14	(LEFT)  SPLEEN 6	(WHITE patch - RIGHT side) GALLBLADDER 41  (TAN patch - LEFT side) LIVER 3 	 CONCEPTION VESSEL 17
<b>TUESDAY</b> Day 2	 CONCEPTION VESSEL 6	 GOVERNING VESSEL 14	(LEFT)  STOMACH 36	(WHITE patch - RIGHT side) TRIPLE BURNER 6  (TAN patch - LEFT side) PERICARDIUM 5 	 CONCEPTION VESSEL 17
<b>WEDNESDAY</b> Day 3	 CONCEPTION VESSEL 6	 GOVERNING VESSEL 14	(LEFT)  KIDNEY 3	(WHITE patch - RIGHT side) STOMACH 35  (TAN patch - LEFT side) SPLEEN 6 	 CONCEPTION VESSEL 17
<b>THURSDAY</b> Day 4	 CONCEPTION VESSEL 6	 GOVERNING VESSEL 14	(LEFT)  SPLEEN 6 (same as Day 1)	(WHITE patch - RIGHT side) LARGE INTESTINE 4  (TAN patch - LEFT side) LUNG 7 	 CONCEPTION VESSEL 17
<b>FRIDAY</b> Day 5	 CONCEPTION VESSEL 6	 GOVERNING VESSEL 14	(LEFT)  STOMACH 36 (same as Day 2)	(WHITE patch - RIGHT side) BLADDER 62  (TAN patch - LEFT side) KIDNEY 3 	 CONCEPTION VESSEL 17

Drink at least 8 cups of water throughout the day - help flush out the toxins and remain hydrated

The Energy Enhance patches promote the flow of the energy through the body; while the Y-Age patches balance this flow of energy and promote detoxification. SP6 Complete helps control appetite throughout the day.