



TDM 60-Hour Cleanse Recommendations



Omega 3 Fatty Acid

- [Nordic Naturals Cod Liver Oil](#)
- [Barlean's Flax Oil](#)

Apple Cider Vinegar

- [Bragg Apple Cider Vinegar](#)
- [Dynamic Apple Cider Vinegar](#)

Unsweetened Cranberry Juice

- [Lakewood Cranberry Juice](#)

Probiotics

- [Inner Eco Probiotics](#) ← only available at Whole Foods. Working on a way to get this to you without having to go the Whole Foods route. My favorite ProB.
- [Nutrition Now ProB 8](#)
- [Now Probiotic](#)

Traci D Mitchell