



## Tips for Cleanse De Luxe

Cleanse De Luxe contains cutting edge ingredients including psyllium husks--a natural high-fiber source that mimics the consistency of intestinal mucus when wet and dramatically increases faecal production.

Another good idea is to start the program at the weekend, so that a couple of work free days allows you to get used the product. Contact your personal physician if you have additional questions.

### Step 1

Split the packet into 2 portions. We recommend taking half a packet in the morning and until you experience two to three bowel movements per day. Start the day with a glass of warm water with lemon or warm cup of any type of tea, then drink throughout the day, aiming for 64 to 100 ounces to flush out the pollutants.

### Step 2

We recommend taking half a packet in the morning to begin your colon cleanse immediately upon waking up, with a glass of prune juice or water. Arrange your schedule so that you can take a break to use the bathroom roughly 2-3 hours after your first serving.

### Step 3

Continue taking half a packet in the morning for the first three days, then increase your dosage, swallowing another half packet with liquid during lunch or before dinner.

### Step 4

We recommend 2 servings a day (of half a packet). If you prefer, you can take the packet in 3 separate doses daily and continue the colon cleanse process until you are regularly having three strong bowel movements each day. Continue until you complete the course.

### Warnings

Aside from the discomfort before your bowel movement, if you experience any strong discomfort due to the colon cleanse, reduce the amount of product used or discontinue the cleanse.

As the forced excretions are often very dehydrating, drink plenty of fluids to sustain your health while limiting dehydrating substances such as alcohol or caffeine.

### More Notes

Eat healthy, nutritious meals. Include some of the following items if you can:

- |                     |              |
|---------------------|--------------|
| - cereal with fibre | - coffee     |
| - oranges           | - spinach    |
| - green beans/beans | - prunes     |
| - yoghurt           | - kiwi fruit |