



CLEANSE

Choose a 7-10 day period of time to increase your health and cleanse your internal environment. The following product instructions will give you the information you need to ensure a successful cleanse.

CLEANSE

Take ClenzT at night, before bed, in either a hot tea or capsule form. Begin with 1 capsule on the first day of the cleanse. If you experience a larger than normal bowel release, then continue to take 1 capsule each day of the cleanse. If you do not notice any difference within 2 days, take an additional ClenzT on the 3rd night. For a hot tea, open a capsule into 4-6 oz of hot water.

HYDRATE!

Increase your liquids during your cleanse. Drink LIV Sxinney throughout the day. Drink at least 1 packet in 32-44 ounces of water twice a day. Use LIV Sxinney to help curb appetite and cravings when cleansing.

DIGEST. PROTECT. RESTORE!

Enzymes help to break foods down, making them easier to digest and for nutrients to be stored. Take 1-2 capsules of E-3 Enzymes+ before or between meals.

ADD FIBER!

Crave's fiber is powerful in its ability to clear out the mucus and waste in your digestive tract. Take one packet of Crave with lunch and another with dinner. If this is your first time consuming Crave, then begin with 1/2 packet before lunch and dinner for the first 2 days.

