

Colon Cleansing Kit™
AN HERBAL DIETARY SUPPLEMENT

DOSAGE
CALENDAR

Complete day-by-day instructions for
your comprehensive colon cleansing



www.BlessedHerbs.com
CustomerCare@BlessedHerbs.com
1-800-489-4372

Three Ways to Do This Cleanse

There are three ways to use the **Colon Cleansing Kit**. For an overview of these options see your **User's Guide**. After selecting the option that's right for you, use the chart below to adapt this **Dosage Calendar** to your choice.

	9-Day Program Requires a 5 day liquids-only fast	8-Day Program Requires a modified diet, but no fasting	30-Day Program No fasting is required, and dietary changes are optional
STEP ONE	Pages 1-5	Pages 15-19	Pages 27-31
STEP TWO	Pages 6-11	Pages 20-26	Pages 32-34
STEP THREE	Pages 12-14	Does not apply	Does not apply

STEP ONE
9-Day Program

1

Pre-Cleanse

Getting the bowels moving



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DAILY BOWEL MOVEMENTS A DAILY NECESSITY

ELIMINATION IS THE PRIMARY way that the body gets rid of wastes and toxins. The success of any good cleansing program depends on elimination; specifically, daily bowel movements. You also get rid of wastes through exhaling, sweating and urinating.

That said, having daily bowel movements is often challenging for many people, yet **it is vital that you have at least one, and up to three, bowel movements every day of your cleanse.**

During this cleanse, you will be taking **Digestive Stimulator™** every day to promote regular bowel

movements.* **You should not go a whole day without at least one bowel movement.** If you get to the end of a day and have not had a bowel movement, increase “your number” of **Digestive Stimulator™** capsules that evening (see your **User’s Guide** for more details) or split up your dosage of **Digestive Stimulator™** and take three times a day. It is perfectly alright to do this every evening, if you need to, while cleansing.

USING YOUR DOSAGE CALENDAR

In this calendar, you will find complete day-by-day dosages for the entire program.

Each day has its own page with dosage amounts before breakfast, lunch, dinner and bed.

To keep track, you may check off each formula on the page as you take it out of the bottle.

Review your User’s Guide for more details on each step of this program.

TWO ACTIONS TO SUPPORT DAILY BOWEL MOVEMENTS

1. Drink 6-8 glasses of pure water daily. Without enough water you can easily get “backed up” in your intestines.
2. Increase “your number” of **Digestive Stimulator™** capsules each evening, or split up “your number” to take three times a day.*

STEP 1

DAY 1 of 3

9-Day Program

Breakfast

Eat a full breakfast.
See your User's Guide
for recommendations.

Lunch

Eat a full lunch.

Right
Before Dinner

Digestive
Stimulator™
your number

To find "your number,"
see your User's Guide.

Dinner

Eat a full dinner.

1 hour
Before Bed
and at least 2 hours after
Digestive Stimulator™

Toxin
Absorber™
1 packet

VERY IMPORTANT

Toxin Absorber™ must be mixed with liquid when taken. We recommend 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water to keep the bowel free-flowing.

FACT

The colon has three functions: absorb sodium and water, incubate beneficial bacteria and eliminate waste.

REMEMBER!

6–8 glasses of water today

STEP 1

DAY 2 of 3

9-Day Program

Breakfast

Eat 1/2 of your regular breakfast.

Lunch

Eat 1/2 of your regular lunch.

Right Before Dinner

Digestive Stimulator™
your number

Dinner

Eat 1/2 of your regular dinner.

1 hour Before Bed

and at least 2 hours after Digestive Stimulator™

Toxin Absorber™
1 packet

VERY IMPORTANT

Toxin Absorber™ must be mixed with liquid when taken. We recommend 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water to keep the bowel free-flowing.

FACT

The colon is also referred to as the large intestine.

REMEMBER!

6–8 glasses of water today

STEP 1

DAY 3 of 3

9-Day Program

Breakfast

Eat 1/4 of your regular breakfast.

Lunch

Eat 1/4 of your regular lunch.

Right Before Dinner

Digestive Stimulator™
your number

Dinner

Eat 1/4 of your regular dinner.

1 hour Before Bed

and at least 2 hours after Digestive Stimulator™

Toxin Absorber™
1 packet

VERY IMPORTANT

Toxin Absorber™ must be mixed with liquid when taken. We recommend 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water to keep the bowel free-flowing.

FACT

The colon is a little more than five feet long.

REMEMBER!

6–8 glasses of water today

STEP TWO
9-Day Program

2

Main-Cleanse

Revitalizing your digestive system



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STEP 2

DAY 1 of 5

9-Day Program

**Before
Breakfast**

Toxin
Absorber™

1 packet

**Before
Lunch**

VERY IMPORTANT
Toxin Absorber™ must be mixed with liquid when taken. We recommend 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water to keep the bowel free-flowing.

**Before
Dinner**

Toxin
Absorber™

1 packet

**Before
Bed**

Digestive
Stimulator™

your number

If you find that taking Digestive Stimulator™ before dinner does not always give you regular bowel movements divide up “your number” by three and take before meals.

FACT

There are 10 times the amount of bacteria in the intestines than there are cells in the human body.

REMEMBER!

6–8 glasses of water today

STEP 2

DAY 2 of 5

9-Day Program

**Before
Breakfast**

Toxin
Absorber

1 packet

**Before
Lunch**

VERY IMPORTANT

Toxin Absorber™ must be mixed with liquid when taken. We recommend 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water to keep the bowel free-flowing.

**Before
Dinner**

Toxin
Absorber

1 packet

**Before
Bed**

Digestive
Stimulator
your number

If you find that taking **Digestive Stimulator™** before dinner does not always give you regular bowel movements divide up "your number" by three and take before meals.

FACT

It can take 12 to 48 hours for the food you eat to make its way through your colon.

REMEMBER!

6–8 glasses of water today

STEP 2

DAY 3 of 5

9-Day Program

**Before
Breakfast**

Toxin
Absorber

1 packet

**Before
Lunch**

VERY IMPORTANT

Toxin Absorber™ must be mixed with liquid when taken. We recommend 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water to keep the bowel free-flowing.

**Before
Dinner**

Toxin
Absorber

1 packet

**Before
Bed**

Digestive
Stimulator
your number

If you find that taking **Digestive Stimulator™** before dinner does not always give you regular bowel movements divide up "your number" by three and take before meals.

FACT

You can learn a lot about your overall health
by the look and smell of your stool.

REMEMBER!

6–8 glasses of water today

STEP 2

DAY 4 of 5

9-Day Program

**Before
Breakfast**

Toxin
Absorber

1 packet

**Before
Lunch**

VERY IMPORTANT

Toxin Absorber™ must be mixed with liquid when taken. We recommend 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water to keep the bowel free-flowing.

**Before
Dinner**

Toxin
Absorber

1 packet

**Before
Bed**

Digestive
Stimulator

your number

If you find that taking **Digestive Stimulator™** before dinner does not always give you regular bowel movements divide up "your number" by three and take before meals.

FACT

Squatting instead of sitting on the toilet
can help move your bowels.

REMEMBER!

6-8 glasses of water today

STEP 2

DAY 5 of 5

9-Day Program

**Before
Breakfast**

Toxin
Absorber

1 packet

**Before
Lunch**

VERY IMPORTANT

Toxin Absorber™ must be mixed with liquid when taken. We recommend 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water to keep the bowel free-flowing.

**Before
Dinner**

Toxin
Absorber

1 packet

**Before
Bed**

Digestive
Stimulator

your number

If you find that taking **Digestive Stimulator™** before dinner does not always give you regular bowel movements divide up "your number" by three and take before meals.

FACT

The colon stretches from the small intestine to the anus.

REMEMBER!

6-8 glasses of water today

STEP THREE

9-Day Program

3

Post-Cleanse: Breaking Your Fast

Slowly eating food again



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STEP 3

DAY 1 of 1 9-Day Program

Breakfast One organic apple, chewed very well.

Lunch Fresh salad, steamed vegetables,
brown rice or baked potato.
Keep portions small.

Right
Before Dinner Digestive
Stimulator™
your number

Dinner Same as lunch, however
you may add a small portion
of tofu, or other protein.

1 hour
Before Bed Toxin
Absorber™
and at least 2 hours after
Digestive Stimulator™ 1 packet

VERY IMPORTANT

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FACT

Trillions of microorganisms compose your gut flora.

REMEMBER!

6–8 glasses of water today

Congratulations!! You have finished the 9-Day Program.

You may still have some **Digestive Stimulator™** and **Toxin Absorber™** left. Continue to take these until they are all gone.

**Right
Before
Dinner**

**Digestive
Stimulator™**
your number

1 hour
Before Bed
and at least 2 hours after
Digestive Stimulator™

**Toxin
Absorber™**
1 packet

Important Note
Mix in 8 fl. oz. of organic apple juice and follow immediately with 16 fl. oz. of distilled, filtered or pure water to keep the bowel free-flowing.

ENJOY LIFE

If you are interested in taking your cleanse even further, we highly recommend our **Internal Cleansing Kit™**. This 21-day full body program contains herbal extracts and supplements traditionally used to cleanse each of the body's major elimination and detoxifying organs including the colon, liver, gallbladder, kidneys, bladder, lungs, blood, skin and lymphatic system.*

The Internal Cleansing Kit is recommended two times a year, alternating every three months with the Colon Cleansing Kit.

FACT

Taking a potent probiotic every day is your first line of defense against harmful bacteria in the colon. Visit blessedherbs.com for our recommended probiotic options.*

REMEMBER!

6–8 glasses of water today

STEP ONE
8-Day Program

1

Pre-Cleanse

Getting the bowels moving



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DAILY BOWEL MOVEMENTS A DAILY NECESSITY

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That said, having daily bowel movements is often challenging for many people, yet **it is vital that you have at least one, and up to three, bowel movements every day of your cleanse.**

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movements.* **You should not go a whole day without at least one bowel movement.** If you get to the end of a day and have not had a bowel movement, increase "your number" of **Digestive Stimulator™** capsules that evening (see your **User's Guide** for more details) or split up your dosage of **Digestive Stimulator™** and take three times a day. It is perfectly alright to do this every evening, if you need to, while cleansing.

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TWO ACTIONS TO SUPPORT DAILY BOWEL MOVEMENTS

1. Drink 6-8 glasses of pure water daily. Without enough water you can easily get "backed up" in your intestines.
2. Increase "your number" of **Digestive Stimulator™** capsules each evening, or split up "your number" to take three times a day.*

STEP 1

DAY 1 of 3

8-Day Program

Breakfast

Modified diet changes
are recommended.
(see User's Guide for recommendations)

Lunch

Modified diet changes
are recommended.

Right
Before Dinner

Digestive
Stimulator™
your number

To find "your number,"
see your User's Guide

Dinner

Modified diet changes
are recommended.

1 hour
Before Bed
and at least 2 hours after
Digestive Stimulator™

Toxin
Absorber™
1 packet

VERY IMPORTANT

Toxin Absorber™ must be mixed with liquid when taken. We recommend 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water to keep the bowel free-flowing.

FACT

The colon has three functions: absorb sodium and water, incubate beneficial bacteria and eliminate waste.

REMEMBER!

6–8 glasses of water today

STEP 1

DAY 2 of 3

8-Day Program

Breakfast

Modified diet changes
are recommended.

Lunch

Modified diet changes
are recommended.

Right
Before Dinner

Digestive
Stimulator™
your number

Dinner

Modified diet changes
are recommended.

1 hour
Before Bed
and at least 2 hours after
Digestive Stimulator™

Toxin
Absorber™
1 packet

VERY IMPORTANT

Toxin Absorber™ must be mixed with liquid when taken. We recommend 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water to keep the bowel free-flowing.

FACT

The colon is also referred to
as the large intestine.

REMEMBER!

6–8 glasses of water today

STEP 1

DAY 3 of 3

8-Day Program

Breakfast

Modified diet changes
are recommended.

Lunch

Modified diet changes
are recommended.

Right
Before Dinner

Digestive
Stimulator™
your number

Dinner

Modified diet changes
are recommended.

1 hour
Before Bed
and at least 2 hours after
Digestive Stimulator™

Toxin
Absorber™
1 packet

VERY IMPORTANT

Toxin Absorber™ must be mixed with liquid when taken. We recommend 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water to keep the bowel free-flowing.

FACT

The colon is a little more
than five feet long.

REMEMBER!

6–8 glasses of water today

STEP TWO
8-Day Program

2

Main-Cleanse

Revitalizing your digestive system



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STEP 2

DAY 1 of 5

8-Day Program

**Before
Breakfast**

Toxin
Absorber™

1 packet

**Before
Lunch**

VERY IMPORTANT

Toxin Absorber™ must be mixed with liquid when taken. We recommend 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water to keep the bowel free-flowing.

**Before
Dinner**

Toxin
Absorber™

1 packet

**Before
Bed**

Digestive
Stimulator™
your number

If you find that taking **Digestive Stimulator™** before dinner does not always give you regular bowel movements divide up "your number" by three and take before meals.

FACT

There are 10 times the amount of bacteria in the intestines than there are cells in the human body.

REMEMBER!

6–8 glasses of water today

STEP 2

DAY 2 of 5

8-Day Program

**Before
Breakfast**

Toxin
Absorber

1 packet

**Before
Lunch**

VERY IMPORTANT
Toxin Absorber™ must be mixed with liquid when taken. We recommend 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water to keep the bowel free-flowing.

**Before
Dinner**

Toxin
Absorber

1 packet

**Before
Bed**

Digestive
Stimulator

your number

If you find that taking **Digestive Stimulator™** before dinner does not always give you regular bowel movements divide up "your number" by three and take before meals.

FACT

It can take 12 to 48 hours for the food you eat to make its way through your colon

REMEMBER!

6-8 glasses of water today

STEP 2

DAY 3 of 5

8-Day Program

**Before
Breakfast**

Toxin
Absorber

1 packet

**Before
Lunch**

VERY IMPORTANT

Toxin Absorber™ must be mixed with liquid when taken. We recommend 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water to keep the bowel free-flowing.

**Before
Dinner**

Toxin
Absorber

1 packet

**Before
Bed**

Digestive
Stimulator

your number

If you find that taking **Digestive Stimulator™** before dinner does not always give you regular bowel movements divide up “your number” by three and take before meals.

FACT

You can learn a lot about your overall health
by the look and smell of your stool.

REMEMBER!

6–8 glasses of water today

STEP 2

DAY 4 of 5

8-Day Program

**Before
Breakfast**

Toxin
Absorber

1 packet

**Before
Lunch**

VERY IMPORTANT

Toxin Absorber™ must be mixed with liquid when taken. We recommend 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water to keep the bowel free-flowing.

**Before
Dinner**

Toxin
Absorber

1 packet

**Before
Bed**

Digestive
Stimulator

your number

If you find that taking **Digestive Stimulator™** before dinner does not always give you regular bowel movements divide up “your number” by three and take before meals.

FACT

Squatting instead of sitting on the toilet
can help move your bowels.

REMEMBER!

6–8 glasses of water today

STEP 2

DAY 5 of 5

8-Day Program

**Before
Breakfast**

Toxin
Absorber

1 packet

**Before
Lunch**

VERY IMPORTANT

Toxin Absorber™ must be mixed with liquid when taken. We recommend 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water to keep the bowel free-flowing.

**Before
Dinner**

Toxin
Absorber

1 packet

**Before
Bed**

Digestive
Stimulator

your number

If you find that taking **Digestive Stimulator™** before dinner does not always give you regular bowel movements divide up "your number" by three and take before meals.

FACT

The colon stretches from the small intestine to the anus.

REMEMBER!

6-8 glasses of water today

Congratulations!! You have finished the 8-Day Program.

You may still have some **Digestive Stimulator™** and **Toxin Absorber™** left. Continue to take these until they are all gone.

Right Before Dinner

Digestive Stimulator™
your number

1 hour
Before Bed
and at least 2 hours after
Digestive Stimulator™

Toxin Absorber™
1 packet

Important Note
Mix in 8 fl. oz. of organic apple juice and follow immediately with 16 fl. oz. of distilled, filtered or pure water to keep the bowel free-flowing.

ENJOY LIFE

If you are interested in taking your cleanse even further, we highly recommend our **Internal Cleansing Kit™**. This 21-day full body program contains herbal extracts and supplements traditionally used to cleanse each of the body's major elimination and detoxifying organs including the colon, liver, gallbladder, kidneys, bladder, lungs, blood, skin and lymphatic system.*

The Internal Cleansing Kit is recommended two times a year, alternating every three months with the Colon Cleansing Kit.

FACT

Taking a potent probiotic every day is your first line of defense against harmful bacteria in the colon. Visit blessedherbs.com for our recommended probiotic options.*

REMEMBER!

6–8 glasses of water today

STEP ONE
30-Day Program

1

Pre-Cleanse

Getting the bowels moving



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DAILY BOWEL MOVEMENTS A DAILY NECESSITY

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That said, having daily bowel movements is often challenging for many people, yet **it is vital that you have at least one, and up to three, bowel movements every day of your cleanse.**

During this cleanse, you will be taking **Digestive Stimulator™** every day to promote regular bowel

movements.* **You should not go a whole day without at least one bowel movement.** If you get to the end of a day and have not had a bowel movement, increase “your number” of **Digestive Stimulator™** capsules that evening (see your **User’s Guide** for more details) or split up your dosage of **Digestive Stimulator™** and take three times a day. It is perfectly alright to do this every evening, if you need to, while cleansing.

USING YOUR DOSAGE CALENDAR

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TWO ACTIONS TO SUPPORT DAILY BOWEL MOVEMENTS

1. Drink 6-8 glasses of pure water daily. Without enough water you can easily get “backed up” in your intestines.
2. Increase “your number” of **Digestive Stimulator™** capsules each evening, or split up “your number” to take three times a day.*

STEP 1

DAY 1 of 3

30-Day Program

Breakfast All dietary changes optional.

Lunch All dietary changes optional.

Right Before Dinner Digestive Stimulator™ your number To find "your number," see your User's Guide.

Dinner All dietary changes optional.

1 hour Before Bed and at least 2 hours after Digestive Stimulator™ Toxin Absorber™ 1 packet

VERY IMPORTANT

Toxin Absorber™ must be mixed with liquid when taken. We recommend 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water to keep the bowel free-flowing.

FACT

The colon has three functions: absorb sodium and water, incubate beneficial bacteria and eliminate waste.

REMEMBER!

6–8 glasses of water today

STEP 1

DAY 2 of 3

30-Day Program

Breakfast All dietary changes optional.

Lunch All dietary changes optional.

Right Before Dinner Digestive Stimulator™
your number

Dinner All dietary changes optional.

1 hour Before Bed Toxin Absorber™
and at least 2 hours after Digestive Stimulator™
1 packet

VERY IMPORTANT

Toxin Absorber™ must be mixed with liquid when taken. We recommend 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water to keep the bowel free-flowing.

FACT

The colon is also referred to as the large intestine.

REMEMBER!

6–8 glasses of water today

STEP 1

DAY 3 of 3

30-Day Program

Breakfast All dietary changes optional.

Lunch All dietary changes optional.

Right Before Dinner Digestive Stimulator™
your number

Dinner All dietary changes optional.

1 hour Before Bed Toxin Absorber™
and at least 2 hours after Digestive Stimulator™
1 packet

VERY IMPORTANT

Toxin Absorber™ must be mixed with liquid when taken. We recommend 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water to keep the bowel free-flowing.

FACT

The colon is a little more than five feet long.

REMEMBER!

6–8 glasses of water today

STEP TWO
30-Day Program

2

Main-Cleanse

Revitalizing your digestive system



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STEP 2

DAY 1 thru 27 30-Day Program

To keep track, check off each day

Right
Before Dinner

Digestive
Stimulator™
your number

- | | | | |
|--------------------------------|---------------------------------|---------------------------------|---------------------------------|
| <input type="checkbox"/> Day 1 | <input type="checkbox"/> Day 8 | <input type="checkbox"/> Day 15 | <input type="checkbox"/> Day 22 |
| <input type="checkbox"/> Day 2 | <input type="checkbox"/> Day 9 | <input type="checkbox"/> Day 16 | <input type="checkbox"/> Day 23 |
| <input type="checkbox"/> Day 3 | <input type="checkbox"/> Day 10 | <input type="checkbox"/> Day 17 | <input type="checkbox"/> Day 24 |
| <input type="checkbox"/> Day 4 | <input type="checkbox"/> Day 11 | <input type="checkbox"/> Day 18 | <input type="checkbox"/> Day 25 |
| <input type="checkbox"/> Day 5 | <input type="checkbox"/> Day 12 | <input type="checkbox"/> Day 19 | <input type="checkbox"/> Day 26 |
| <input type="checkbox"/> Day 6 | <input type="checkbox"/> Day 13 | <input type="checkbox"/> Day 20 | <input type="checkbox"/> Day 27 |
| <input type="checkbox"/> Day 7 | <input type="checkbox"/> Day 14 | <input type="checkbox"/> Day 21 | |

1 hour
Before Bed
and at least 2 hours after
Digestive Stimulator™

Toxin
Absorber™
1 packet

Important Note
Mix in 8 fl. oz. of organic
apple juice and follow
immediately with 16 fl. oz.
of distilled, filtered or pure
water to keep the bowel
free-flowing.

- | | | | |
|--------------------------------|---------------------------------|---------------------------------|---------------------------------|
| <input type="checkbox"/> Day 1 | <input type="checkbox"/> Day 8 | <input type="checkbox"/> Day 15 | <input type="checkbox"/> Day 22 |
| <input type="checkbox"/> Day 2 | <input type="checkbox"/> Day 9 | <input type="checkbox"/> Day 16 | <input type="checkbox"/> Day 23 |
| <input type="checkbox"/> Day 3 | <input type="checkbox"/> Day 10 | <input type="checkbox"/> Day 17 | <input type="checkbox"/> Day 24 |
| <input type="checkbox"/> Day 4 | <input type="checkbox"/> Day 11 | <input type="checkbox"/> Day 18 | <input type="checkbox"/> Day 25 |
| <input type="checkbox"/> Day 5 | <input type="checkbox"/> Day 12 | <input type="checkbox"/> Day 19 | <input type="checkbox"/> Day 26 |
| <input type="checkbox"/> Day 6 | <input type="checkbox"/> Day 13 | <input type="checkbox"/> Day 20 | <input type="checkbox"/> Day 27 |
| <input type="checkbox"/> Day 7 | <input type="checkbox"/> Day 14 | <input type="checkbox"/> Day 21 | |

FACT

There are 10 times the amount of bacteria in the
intestines than there are cells in the human body.

REMEMBER!

6-8 glasses of water today

Congratulations!! You have finished the 30-Day Program.

You may still have some **Digestive Stimulator™** and **Toxin Absorber™** left. Continue to take these until they are all gone.

**Right
Before
Dinner**

Digestive
Stimulator™
your number

1 hour
Before Bed
and at least 2 hours after
Digestive Stimulator™

Toxin
Absorber™
1 packet

Important Note
Mix in 8 fl. oz. of organic apple juice and follow immediately with 16 fl. oz. of distilled, filtered or pure water to keep the bowel free-flowing.

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REMEMBER!

6–8 glasses of water today



Blessed Herbs®

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