

# Colon Cleanse - Moderate Level Cleanse

## 8 Day Program with Minor Dietary Changes

### Step 1:

Pre-Cleanse – Days 1-3

Each evening take one dose of Digestive Stimulator (1-5 capsules, depending on your needs) and Toxin Absorber (mixed with apple juice). At each meal, modify your diet away from cleanse-reducing foods such as meat, sugar, and dairy. The less and/or more healthy you eat, the stronger the cleanse will be. Your User's Guide will offer more info, and be sure to drink 6-8 glasses of water.

### Step 2:

Cleansing – Days 4-8

During the next five days, take Toxin Absorber EVERY THREE HOURS for a total of 5X per day. Each evening, also take your dosage of Digestive Stimulator. You may eat solid foods, but we recommend you maximize your cleanse with the suggested dietary changes. Drink your 6-8 glasses of water daily and you're done!