

# Colon Cleanse - Mild Level Cleanse

## 30 Day Program Without Liquids-Only Fasting

Each evening take one dose of Digestive Stimulator (1-5 capsules, depending on your needs) and Toxin Absorber (mixed with apple juice), and be sure to drink 6-8 glasses of water daily. Dietary changes are not necessary, but we do recommend healthier choices (in the User's Guide) to help maximize the cleanse.