

Brett Elliott's  
Ultimate Herbal

# Cholesterol Program



## USER GUIDE SHEET

All the products included are used simultaneously over 1 month



### **BodiClenz Drinks or Herbal Detox Capsules**

*Take 1 smoothie of BodiClenz daily or 4 capsules from each bottle of Herbal Detox products daily*

Follow the one-month 'Gentle Cleanse' program as outlined in both the BodiClenz and Ultimate Herbal Detox user guides and recipe sheets provided.



### **Aloe Vera Juice - Forever 1 litre**

*Take 30ml once daily in morning*

This is the ultimate gut healer and should be taken first thing in the morning directly from the fridge on an empty stomach. It has a great vagal-reflex effect when acting directly on the stomach lining.



### **LiverClenz 500ml Liquid Formulation**

*Take 10ml twice daily - morning and night*

This liquid herbal medicine is to be taken alongside the BodiClenz or Herbal Detox each morning and night. You can use a small shot glass or cough syrup cup. It is best to take this just before consuming the smoothie or capsules.



### **Symlax - Prebiotic Fibre Blend**

*4 tablets daily at bedtime*

This is best taken at bedtime and chewed after brushing teeth. The probiotic effect is also beneficial during the night, plus the fibre helps improve the morning bowel movement regularity.

### Food Guide

You will find a food guide and some recipes provided within each program.

Please also select '**30 Day Detox**' on the recipe page [www.brettelliott.com/food](http://www.brettelliott.com/food)

- Program Types
- 7 Day BodiClenz smoothies
  - 7 Day BodiTune smoothies
  - 7 Day DETOX capsules
  - 14 BodiClenz smoothies
  - 14 Day DETOX capsules
  - 14 Day SLIM capsules
  - 16 Day BodiTune smoothies
  - 30 Day DETOX capsules



### Free Mobile App

'Detox 'n Heal Yourself'  
Get everything you need in the palm of your hand.



iPhone



Android