

Brett Elliott's
Ultimate Herbal

ImmuClenz 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.



ImmuClenz 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.



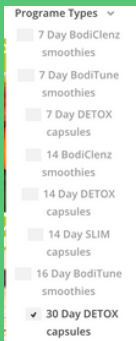
BioGaia Protectis - Probiotic

1 tablet daily at bedtime

This is best taken at bedtime and chewed after brushing teeth. The probiotic effect is also beneficial within the mouth and works well on the gut during the night following the consumption of all food for the day.

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



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



iPhone



Android