

Brett Elliott's
Ultimate Herbal

Triple Combo

USER GUIDE SHEET

All three products included are used over 1 month each



Part 1



BodiClenz Drink 500g or Herbal DETOX 480 Capsules
Either 1 smoothie of BodiClenz or 4 capsules from each of the four Herbal Detox capsules daily

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

Part 2



Ultimate Herbal SLIM 480 Capsules
Take 4 capsules daily from each of the four bottles

The Herbal SLIM is the ultimate metabolic boost and craving controller, plus a gentle bowel regulator. Follow the 1-month Rapid Slim plan and follow the food guide provided inside the pack.

Part 3



BodiTune 500g Pot or BodiTune 32 Sachets
Take 1 scoop or 1 sachet daily

This energizing drink is best taken in the morning or early lunch with a smoothie. It increases metabolism and reduces hunger during the day. Recipes are provided with each product and you can choose from any of the smoothie recipes provided.

Food Guide

You will find a food guide and some recipes provided within each program. You can also select your program on the recipe page www.brettelliott.com/food

- 30 Day DETOX capsules
- 30 Day SLIM capsules
- 32 Day BodiTune smoothies



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



iPhone



Android