

Brett Elliott's  
Ultimate Herbal

# 1-Month Gentle DETOX



## USER GUIDE SHEET

Both 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



**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](http://www.brettelliott.com/food)

Program Types
<input type="checkbox"/> 7 Day BodiClenz smoothies
<input type="checkbox"/> 7 Day BodiTune smoothies
<input type="checkbox"/> 7 Day DETOX capsules
<input type="checkbox"/> 14 Day BodiClenz smoothies
<input type="checkbox"/> 14 Day DETOX capsules
<input type="checkbox"/> 14 Day SLIM capsules
<input type="checkbox"/> 16 Day BodiTune smoothies
<input checked="" type="checkbox"/> 30 Day DETOX capsules



### Free Mobile App

'Detox 'n Heal Yourself'

Get everything you need in the palm of your hand.



iPhone



Android

