

Brett Elliott's  
Ultimate Herbal

# Double Deep Cleanse Program



## USER GUIDE SHEET

All the products included are consumed over 1 month



### **BodiClenz Drinks**

**Take 1 smoothie of BodiClenz daily (Mornings)**

Follow the 14-day 'Deep Cleanse' program as outlined in the BodiClenz and user guide and recipe sheet provided. You will repeat this 2-week program twice to complete your four week program



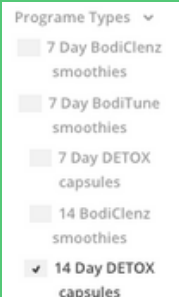
### **Herbal Detox Capsules**

**Take 4 capsules from each bottle of Herbal Detox products daily (Evenings)**

Follow the 14-day 'Deep Cleanse' program as outlined in the Ultimate Herbal Detox user guides provided. You will repeat this 2-week program twice to complete your four week program

### Food Guide

You will find a food guide and some recipes provided within each program. Please also select '**14 Day Detox**' on the recipe page [www.brettelliott.com/food](http://www.brettelliott.com/food)



### Free Mobile App

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



iPhone



Android