



Name 90-day Detox Programme

Caps

Code Name

DET-C3 90-day Detox Programme with Capsules

Available in 30-day packs. If you are following a programme, we can either send a pack a month for 3 months, or send all 3 packs at once; 10% discount applies in either case. Also available as an individual 30-day pack code DET-C1 which attracts no discount.

Area concerned

Detox, Colon, Liver, Kidneys

Ingredients

Each 30-day pack includes:

100 *Cascara Compound Capsules*, 100 *Liv Capsules*, 100 *Kid Capsules*, a tub of *Detox Tea*, and a comprehensive advice pamphlet about all aspects of the programme.

See data sheets for individual products for more detailed information.

Description Applies to both programmes

The **Detox Programme** has been designed to give thorough support to the body's natural detox processes. It does this by helping the colon, liver and kidneys, using our well-trying herbal products.

The accompanying pamphlet gives details of the herbs used, diet, exercise, and other relevant lifestyle suggestions.

Standard use

1 capsule of each of the encapsulated products, or 12-15 drops of each of the products in drops in water or juice, 3 times a day; plus one small pot of *Detox Tea* a day. The pot of tea can be made at any time convenient for you.

How long to take it for

We recommend taking this programme for 3 months (90 days). If you wish, it can be repeated annually.

Cautions

Drink an extra 1-2 glasses of water a day when using. Do not use if pregnant or nursing. Do not use more than the standard amount alongside heart drugs or steroids. Do not take with diuretic drugs.

Companion Products

For a 'deeper' detox, use the **90-day Colon Programme**, **90-day Liver Programme** then the **90-day Kidney Programme**. Following these three programmes consecutively will take three times as long - but we think it is three times more beneficial!

Caps

Drops

Code Name

DET-D3 90-day Detox Programme with Drops

Available in 30-day packs. If you are following a programme, we can either send a pack a month for 3 months, or send all 3 packs at once; 10% discount applies in either case. Also available as an individual 30-day pack code DET-D1 which attracts no discount.

Area concerned

Detox, Colon, Liver, Kidneys

Ingredients

Each 30-day pack includes:

50ml *Cascara Compound Drops*, 50ml *Liv Drops*, 50ml *Kid Drops*, a tub of *Detox Tea*, and a comprehensive advice pamphlet about all aspects of the programme.

See data sheets for individual products for more detailed information.

Why use the Detox Programme?

People like to carry out a detox for many reasons, including:

1. As a good start to the New Year - or following the excesses of the Christmas season
2. At the beginning of spring, to prepare for the New Year
3. As a general cleanse carried out yearly, or every two years
4. Just to help the body to stay healthy, and to help the organs to keep working well
5. To help maintain energy and vitality

Many people believe that detoxing the body can help keep the body healthy and help keep you fit and young. We agree!

A GREAT DETOX!

Companion Products

If a less thorough detox is required, then use **Detox Capsules** or **Detox Drops** plus **Detox Tea** for 3 months. Take 1-2 capsules or 12-30 drops in water or juice, 3 times a day plus a small pot of **Detox Tea** daily. You will need 300-600 **Detox Capsules** or 150-300ml **Detox Drops** + 3 tubs of **Detox Tea** for this course.

Drops