



Name Detox

Caps and Tea

Code	Size	Duration
C09-54	54 Capsules	Usually lasts 18 days
C09-100	100 Capsules	Usually lasts 33 days
T02	50g Tea	Lasts 14-28 days

Area concerned

Detox, generally supportive of good health.

Ingredients

(min per capsule) Burdock 42mg, Red Clover 42mg, Cleavers 42mg, Licorice 42mg, Barberry 42mg, Prickly Ash 42mg, Buckthorn 42mg, Poke Root 21mg.

Detox Tea Red Clover, Chickweed, Nettle, Licorice.

Description

To help detox the blood stream. Based on *Dr Christopher's* formula containing, among other herbs, cleavers and poke root; barberry - liver support; burdock - detox and lymphatic support; and buckthorn - colon support. Use in addition to other cleansing measures - eg cleanse and purify the elimination organs, cleansing diet (eg raw food), fruit juice fasting. For a more thorough detox, consider our **90-day Detox Programme**.

Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

Detox Tea Make a small pot of tea using one teaspoon of herb, infused for 5-10 minutes. Drink once or twice a day.

How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

Cautions

Do not take if pregnant or nursing; or if taking diuretic drugs.

Detox Tea Limit to one cup a day if pregnant or nursing.

Companion Products

90-day Colon Programme; 90-day Detox Programme; 90-day Kidney Programme; 90-day Liver Programme; 90-day Lung Programme; Detox Drops or Tea; Cascara Compound Capsules or Drops; Kid Capsules, Drops or Tea; Liv Capsules, Drops or Tea; Lu Capsules or Tea; Lym Capsules or Drops; Power Garlic Capsules; Red Clover Capsules or Drops; Wheat Grass Capsules or Powder.

Caps and Tea

Drops

Code	Size	Duration
D29-50	50ml	Usually lasts 28 days
D29-100	100ml	Usually lasts 55 days

Area concerned

Detox, blood cleansing, elimination.

Ingredients

Herbal fluid extracts: 20% Burdock, 15% Red Clover, 10% each Cleavers, Licorice, Barberry, Stillingia, Prickly Ash, Buckthorn, 5% Poke Root

Description

To help detox the blood stream. Based on *Dr Christopher's* formula containing, among other herbs, cleavers and poke root; barberry - liver support; burdock - detox and lymphatic support; and buckthorn - colon support. Use in addition to other cleansing measures - eg cleanse and purify the elimination organs, cleansing diet (eg raw food), fruit juice fasting. Use to boost the support of other herbal formulas - eg when taking herbs for kidneys, liver, and other organs.

Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

Cautions

Do not take if pregnant or nursing; or if taking diuretic drugs.

Companion Products

90-day Colon Programme; 90-day Detox Programme; 90-day Kidney Programme; 90-day Liver Programme; 90-day Lung Programme; Detox Capsules or Tea; Cascara Compound Capsules or Drops; Kid Capsules, Drops or Tea; Liv Capsules, Drops or Tea; Lu Capsules or Tea; Lym Capsules or Drops; Power Garlic Capsules; Red Clover Capsules or Drops; Wheat Grass Capsules or Powder.

Drops