

# Brett Elliott's Ultimate Herbal



# USER GUIDE SHEET

All the products included are used simultaneously over 1 month





#### BodiClenz Drinks or Herbal Detox Capsules Take 1 smoothie of BodiClenz daily or 4 capsules from

each bottle of Herbal Detox products daily Follow the one-month 'Gentle Cleanse' program as outlined in both the BodiClenz and Ultimate Herbal Detox user guides and recipe sheets provided.

# Aloe Vera Juice - Forever 1 litre Take 30ml once daily in morning

This is the ultimate gut healer and should be taken first thing in the morning directly from the fridge on an empty stomach. It has a great vagal-reflex effect when acting directly on the stomach lining.



#### LiverClenz 500ml Liquid Formulation Take 10ml twice daily - morning and night

This liquid herbal medicine is to be taken alongside the BodiClenz or Herbal Detox each morning and night. You can use a small shot glass or cough syrup cup. It is best to take this just before consuming the smoothie or capsules.



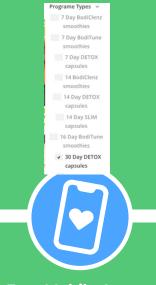
## Symlax - Prebiotic Fibre Blend 4 tablets daily at bedtime

This is best taken at bedtime and chewed after brushing teeth. The probiotic effect is also beneficial during the night, plus the fibre helps improve the morning bowel movement regularity.

# **Food Guide**

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You will find a food guide and some recipes provided within each program. Please also select **'30 Day Detox'** on the recipe page www.brettelliott.com/food



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



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Android