

Brett Elliott's
Ultimate Herbal

LiverClenz Program



USER GUIDE SHEET

All the products included are consumed over 1 month



BodiClenz Drinks and Herbal Detox Capsules

Take 2 smoothies of BodiClenz daily or 5 capsules from each bottle of Herbal Detox products twice daily

Follow the 14-day 'Deep Cleanse' program as outlined in both the BodiClenz and Ultimate Herbal Detox user guides and recipe sheets provided.



LiverClenz 500ml Liquid Formulation

Take 10ml twice daily for 14 days then once daily until completed

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.



LivaFood - Liver Tonic 120 Capsules

After the 14-day Deep Cleanse - 4 tablets daily at bedtime

This is best taken at bedtime as the Liver works mostly at detoxing the body during the middle of the night.



Liver Cleansing Diet

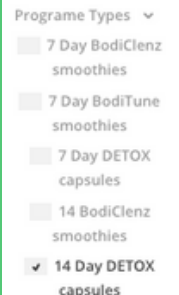
Follow a Liver cleansing diet for the entire month

Eat more brassica, beetroot, grapefruits, onions, and berries. Look for the LiverClenz smoothie recipe on your sheet and visit www.brettelliott.com/food

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



Free Mobile App

'Detox 'n Heal Yourself'

Get everything you need in the palm of your hand.



iPhone



Android