

Vital Health Cleanse Instructions

Bowel Cleansing, Toning and Energizing Supplements

Experience

A 100% natural digestive support formula for cleansing the bowels, removing fat and promoting regularity

- Most effective when used every two or three days as tea - empty 4-7 capsule(s) into a cup of pre-heated warm water, 1 teaspoon of Harmony or 1/2 teaspoon of organic molasses may be added.
 - If 4 to 7 capsules is too strong then start with 2-3 capsules daily for the first 3 days @ bedtime or 60 minutes before or after a meal or in the morning.
realize that you will probably have a cleansing reaction because the body with these herbs is getting rid of built up toxic matter in your intestine, colon and digestive organs and other areas of the body.
 - The amount required may vary depending on size of person and condition of bowels. Be observant of your results.
 - Do not take Experience at the same time as medication. Take 3 ~ 4 hours after medication.
 - Avoid intake of table salt, caffeine, processed foods and carbonated beverages for optimal results.
 - Drink 3-4 glasses of water an hour before and an hour after each meal per day to achieve best results.
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Harmony

Natural food for balancing body chemistry, strengthening your immune system, increasing energy and for overall well-being. Mainly used for people with acid reflux issues or use when you have indigestion after a meal.

- Take 2 teaspoons, 1 ~ 2 times daily
 - For best results, take by itself on an empty stomach. Take in pre-heated warm water as a tea.
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Important Note: If you have any questions concerning these instructions, please do not hesitate to contact your provider or visit the retail site at: Vitalcleanse.puretrim.com