

Daily Schedule for Colon/Liver Cleanse

SCHEDULE	6:00 AM	6:30 AM	7:30 AM	8:00 AM	NOON	3:00 PM	6:00 PM	9:00 PM	CLEANSING NOTES
	Before breakfast Supplement Qty	Day 7, 30 min after ComforTone Supplement Qty	Day 7, 30 min after lemonade Supplement Qty	Breakfast	Lunch	Day 3, 2+ hours after lunch Supplement Qty	Dinner	2+ hours after dinner Supplement Qty	Suggested length of cleanse: four to six weeks.
DAY 1	ComforTone 2 Water 10 oz							ComforTone 2 Water 10 oz	Drink ten 10 ounce glasses of purified water daily.
DAY 2	ComforTone 3 Water 10 oz							ComforTone 3 Water 10 oz	Add two ComforTone capsules daily, one in AM, one in PM.
DAY 3	ComforTone 4 Detoxzyme 2 Water 10 oz					Detoxzyme 2 Water 10 oz		ComforTone 4 Detoxzyme 2 Water 10 oz	Add Detoxzyme on Day 3 or later.
DAYS 4-6	ComforTone 4 or 5 Detoxzyme 2 Water 10 oz					Detoxzyme 2 Water 10 oz		ComforTone 4 or 5 Detoxzyme 2 Water 10 oz	Adjust number of ComforTone capsules to ensure cleansing without discomfort.
DAY 7 +	ComforTone 4 or 5 Detoxzyme 2 Water 10 oz	Lemonade 1 JuvaTone OR 2 JuvaCleanse 1 Lipozyme 3	Nutrition drink 1			Detoxzyme 2 Water 10 oz		ComforTone 4 or 5 Detoxzyme 2 Water 10 oz	Add cleansing lemonade and nutrition drink on Day 7. Repeat Day 7 schedule daily until end of cleanse.

Recipes and Directions for Colon/Liver Cleanse

Cleansing lemonade
2 c Water
1 Juice of one lemon
2 tbsp Grade B maple syrup or
Young Living Blue Agave
1/8 tsp Cayenne pepper
or less
Stir and drink with one of
the liver supporting
supplements at right.
Optional - On Day 7 or
later, if well tolerated, add a
second lemonade with liver
supplements at bedtime.

Liver supplements
JuvaTone tablets
Milder liver cleansing
formula. Start with 2
tablets, taken with
lemonade. May gradually
increase to four tablets, 4
times daily.
**JuvaCleanse
essential oil blend**
Stronger liver cleansing
formula. Start with 5 drops
of JuvaCleanse plus 3
drops of Peppermint
essential oils in a "00" size
capsule. Close capsule
and take with lemonade.

Nutrition and fiber drink
1/2 scoop Golden flax seed
1 scoop Salba seed
1/4 cup Dried wolfberries
2 cups Fine grind in coffee grinder
1-2 oz Water
NingXia Red juice
Stir to mix and drink.
Optional ingredients
1-1/2 tsp JuvaPower supplement
1 scoop Power Meal protein drink
Optional - On Day 7 or later, if well
tolerated, take a second nutrition
& fiber drink at 3:00 PM with
Detoxzyme.

Product and Price List
ComforTone® 150 caps. Item #3204
Whsl \$29.75 Pref Cust \$34.45 Retail \$39.14
Detoxzyme® enzyme complex. 180 veg caps, Item #3203
Whsl \$39.74 Pref Cust \$46.03 Retail \$52.30
JuvaTone supplement. 150 tabs. Item #3214
Whsl \$31.75 Pref Cust \$36.76 Retail \$41.78
JuvaCleanse essential oil blend. 15 ml. Item #3395,
Whsl \$94.75 Pref Cust \$109.71 Retail \$124.67
NingXia Red juice, 2 pak, 1 ltr ea. Item #3023
Whsl \$77.00 Pref Cust \$89.16 Retail \$101.32
JuvaPower supplement. 8 oz. Item #3276
Whsl \$39.75 Pref Cust \$46.03 Retail \$52.30
Power Meal protein drink. Item #6300
Whsl \$49.75 Pref Cust \$57.61 Retail \$65.46
Di-Gize essential oil blend 15 ml. Item #3324
Whsl \$32.00 Pref Cust \$37.05 Retail \$42.11

Optional - May increase
JuvaCleanse by 2 drops
per day to max of 16 drops
per day, plus 3 drops of
Peppermint.

These statements have not been evaluated by
the Food & Drug Administration. These
products are not intended to diagnose, treat,
cure or prevent any disease.