

Product	Size Required	Directions	Breakfast	Lunch	Dinner	Before Bed
SUPPLEMENTS						
Psyllium Husk and ground flaxseeds	1 x 500g bag	1 tsp of each in 250ml water	5-10 mins before eating	5-10 mins before eating	5-10 mins before eating	
Detox Formula	2 x 100ml	10ml in 1 litre bottle of water	Sip throughout day			
Napier's Organic Kelp Capsules	1 bottle of 90 capsules	Capsule can be split and added to juices	See juice recipes			
Supergreens	1 x 100g bag	Add to smoothies	See smoothie recipes			
Detoxitea	2 x 100g bags	Add boiling water to one bag	Drink 3 cups throughout day			
Milk Thistle	2 x 100ml	10 ml in water				Before bed
Hemp or Rice Protein	1 x 100g bag	1 teaspoon in smoothies	See smoothie recipes			
DETOX AIDS						
Epsom Salts	1 x 1kg bag	½ cup in the bath	See sheet attached with instructions			
Castor Oil	1 x 250ml bottle	See castor oil pack directions	See sheet attached with instructions			
Dry Body Brush followed by Detox Massage Blend	1 x 100ml bottle	See self massage directions	See sheet attached with instructions			