



CLEANSER PACK INSTRUCTIONS

The True Essentials Cleanser Pack provides supplements that assist your body's natural cleansing process, helping it to eliminate toxins, chemicals, wastes and undesirable microorganisms. If you are pregnant or lactating, do not use the True Essentials Cleansers. Follow the instructions below or use them as directed by your health care provider. Consult with your health care provider prior to using any cleansers if you have pre-existing conditions or are taking any medications. If you prefer to take the cleansers at individual times, not as a combined cleanse, then be sure to use Bowel Cleanser in conjunction with that individual cleanser in order to help the body achieve thorough and swift elimination of released wastes. Cleansers support the body's natural process of elimination; they do not cleanse the body of nutrition or dietary supplementation. Useful nutrients from supplements, food and medications will not be eliminated, only the metabolic by-products, wastes and toxins will be affected.

The True Essentials Cleanser Pack Contains:

2 Bowel Cleansers	1 Liver Cleanser	1 Blood Cleanser
2 Parasite Cleansers	1 Lymphatic Cleanser	1 Urinary Tract Cleanser

Optional Additions: **Olive Leaf Anti Fungal** and/or **Lung Cleanser** (must be purchased separately)

Recommended Usage:

The Cleanser Pack is designed to help you accomplish a systemic cleansing that lasts up to 21 days. Before you begin using the Pack, it is necessary for you to experience a larger than usual bowel movement in the morning after taking Bowel Cleanser and Parasite Cleanser the previous evening. This bowel movement indicates that your elimination system is functioning. Your Start Date is the date that you first take Bowel Cleanser and Parasite Cleanser before bed. Day 2 and the subsequent cleansing days do not begin, however, until you achieve this initial large morning bowel movement. Once this occurs, then write in the calendar dates on the lines below for Day 2, Day 3 and so on in order to help keep track of your cleansing schedule.

While using any of the cleansing products, it is important to stay well hydrated by drinking plenty of water daily. Cleansing is designed to break up, loosen, and release toxins in the body and then flush them out. Your body needs water to transport wastes to and from the elimination organs. It is advisable to drink plenty of water and use Bowel Cleanser with any of the other cleansers in order to swiftly and thoroughly complete this elimination process.

Start Date: _____ Take 3 capsules of **Bowel Cleanser** and 3 capsules of **Parasite Cleanser** together before bed. As noted earlier, this should result in a larger than usual bowel movement in the morning. If it does not, then increase the number of **Bowel Cleanser** and **Parasite Cleanser** capsules taken each by one capsule at night until this bowel movement results the following morning. This will be your personal optimum dosage. Everyone's system is different; 3 or 4 capsules each of these two cleansers will be a sufficient optimum dosage for some people, while others will need to take 8 to 10. Do not exceed 12 capsules of **Bowel Cleanser** in any one day. Once this larger morning bowel movement occurs, then you are ready for Day 2 of the cleansing program. Fill in the dates for Day 2 and subsequent days, and then follow the instructions provided below for each of those days.

Day 2: _____ IN THE MORNING, take two capsules each of **Liver Cleanser**, **Blood Cleanser**, **Lymphatic Cleanser** and **Urinary Tract Cleanser**. AT NIGHT, take two capsules each of **Liver Cleanser**, **Blood Cleanser**, **Lymphatic Cleanser**, and **Urinary Tract Cleanser** AND your personal optimum dosage (determined by the procedure for your Start Date) each of **Bowel Cleanser** and **Parasite Cleanser**.

Day 3: _____ Continue taking the morning and evening doses of cleansers as noted in the instructions for Day 2. If you wish to take the **Olive Leaf Anti Fungal** and/or **Lung Cleanser** also, then begin using these cleansers at Day 3. Take 2 capsules each of **Olive Leaf Anti Fungal** and/or **Lung Cleanser** in the morning and 2 capsules each again at night along with the other cleansers taken at those times.

Days 4 through 21: _____ Continue the dosages and instructions as per **Day 3**.

Day 22: Congratulations! You have now completed the True Essentials Cleansing Program.