

HOW TO USE YOUR DETOX PACK

- Take 1 Probiotic with 2 Colostrum and 12-20oz of water in the morning.
- Also take 5-10 drops of oil of oregano mixed into that 12-20oz of water.
- Take 2 Digestive Enzymes 30 minutes prior to your 2 biggest meals of day.
- Take 4 NatureCleanse in the evening before bed, with 12oz of water, along with 5-10 drops oil of oregano.
- Continue for a total of 30 days.