

30 DAY CLEANSE & RESTORE

DAY 1-10

Take 1 softgel two to three times daily



Take 2 capsules daily, one each with morning and evening meals



Take 4 capsules per day of each with food



Take 1-3 capsules with meals



Dilute 1 drop in 4 fluid ounces of liquid



DAY 11-20

Take one softgel per meal, up to three per day



DAY 21-30

One capsule three times per day with a meal



Take 2 softgels daily

