

HERBAL PERFECT INTESTINAL CLEANSE

Products Necessary for Cleanse:

- Herbal Perfect ICF #1
- Herbal Perfect ICF #2
- Herbal Perfect Superfood

STEP 1: Start with ICF #1 (CAPSULE DOSE) 1 Capsule Daily with the LAST MEAL of the day. (An increase in bowel action, consistency, and the amount of fecal matter eliminated should be evident next morning) **If there is not a noticeable difference, take 2 capsules with the last meal of the day going forward. If still not noticing a difference, can continue to increase by 1 capsule per day. (Can divide between meals as you increase) There is no limit to increasing as long as you only increase 1 per day. **Always take this product with FOOD.**

- ✓ Improves Digestion
- ✓ Strengthens, Cleanses, & Promotes Normal Peristaltic Action of the Colon
- ✓ Relieves Gas & Cramps
- ✓ Increases Flow of Bile which helps Cleanse Gall Bladder, Bile Ducts and Liver
- ✓ Promotes Healthy Intestinal Flow
- ✓ Supports Elimination of Parasites
- ✓ Increases Gastro-Intestinal Circulation
- ✓ Strengthens Muscles of the Large Intestine
- ✓ Anti-Bacterial, Anti-Viral, and Anti-Fungal

STEP 2: Add in ICF #2 in Powder or Capsule: (Must take away from food)

Take this formula 5 times Daily until the Complete 8-ounce container has been used.

- ✓ Cleanse Small Intestinal Tract & Enliven the Villi for better Nutrient Absorption
- ✓ Helps the body eliminate unwanted Toxins, Parasites, and Heavy Metals
- ✓ Helps the body eliminate Drug Residue lingering in the Digestive Tract
- ✓ Mucilaginous Properties will soften hardened, encased fecal matter for Gentle Removal

ICF #2 Powder: For 5-6 Days, one hour after morning SuperFood drink, mix 1 heaping teaspoon of Herbal ICF #2 powder with 4 ounces of water or beverage of choice, shake mix vigorously and drink. Follow by drinking 8-10 ounces of water. Repeat ½ hour before lunch, between lunch and dinner, ½ hour before dinner, and 1 hour before bedtime, consuming a total of 5 heaping teaspoons of the formula each day. (Must take away from food)

ICF #2 Capsule: 4 Capsules 5 times Daily unless instructed differently by a Natural Health Practitioner. Drink 8 ounces of water with each dose. First dose to be taken after morning SuperFood Drink. Use entire bottle in 2 weeks for BEST RESULTS.

****IMPORTANT: DO NOT BEGIN ICF #2 UNTIL YOU HAVE BEEN ON ICF #1 AND ESTABLISHED 2-3 BOWEL MOVEMENTS DAILY. (THIS VARIES INDIVIDUALLY) THEN BEGIN THE INTAKE OF BOTH PRODUCTS DAILY WITH NO CHANGE TO THE ICF #2 DOSE, BUT INCREASE OR DECREASE THE ICF#1 AS NEEDED.**

This protocol requires total commitment by the client to achieve successful results. Be patient. It may be necessary to repeat the intestinal cleanse more than once to remove a lifetime build-up of sludge in the intestines and colon.