



## EZ Cleanse

A mild cleanse for those who prefer capsules over liquid drinks.

Take the following capsules (except Acidophilus) with 10 ounces of purified water twice daily with meals. Take the Acidophilus morning and night on an empty stomach. (Cascara Sagrada is optional).

Follow this program for at least 21 days.

**3 Bowel Detox**

**2 Cellular Detox**

**2 Small Intestine Detox**

**2 Chlorophyll**

**2 Acidophilus**

**2 or more Cascara Sagrada** (use if less than 3 bowel movements a day)