



HOUSE OF SUNSHINE
ESTABLISHED 1977

Ivy's Cleanse

A nutritional drink that cleanses and soothes.

Follow the program below each morning for up to 60 days and every other morning thereafter as desired.

In $\frac{1}{2}$ a glass of no sugar added, whole apple juice, mix the following:

2 Tbsp **Liquid Chlorophyll**

2 Tbsp **Aloe Vera Juice**

1 heaping teaspoon **Psyllium Hulls**

Mix thoroughly and drink.

With a large glass of purified water take 2 capsules of **Cascara Sagrada**.