



SENSITIVE TO DETOX? MODIFY YOUR DOSING SCHEDULE

Because we have highly individual genetic makeups, states of health and toxic loads, we all detox differently. You might feel increased energy or uncomfortable fatigue. Your friend might experience better bowel movements where you lean toward constipation. But remember, discomforts are temporary and are often a positive indication that your body is benefiting from the protocol.



Product	AM dose	30 min later	Afternoon dose	30 min later
Liver Sauce®	½ tsp		½ tsp	
Glutathione Complex	½ tsp		½ tsp	
Cat's Claw Elite®	2 pumps		3 pumps	
Ultra Binder Stick Packs*		½ binder mixed in water		Remaining binder mixed in water

*Mix one pack of binder in an 8 oz container with a lid. Drink half in the morning and keep the remainder in the refrigerator for the afternoon dose.

It's also important to note that some people push more toxins from their cells and may benefit from additional binder throughout the day. If symptoms don't subside with the modified schedule, you can purchase another box of Ultra Binder [here](#) and increase your dose to 2 stick packs daily.