

# COLON DETOX

Psyllium - 7 parts  
Flaxseed (whole) - 2 parts  
Apple pectin - 2 parts  
Bentonite clay - 2 parts  
Slippery elm or  
Marshmallow root powder - 2 parts  
Fennel or peppermint powder - 2 parts  
Charcoal - 1 part  
Cayenne pepper\* - a pinch

Mix the ingredients and  
store the mixture in a jar.

*\*Make sure that the cayenne has  
90,000 IU or above.*

Follow the instructions on the back side.





## Instructions:

- Take 1 Tbsp of the mixture 5 x/day, every 3 hours.
- Use a glass with a lid, min. 330 ml.
- Fill halfway with water, add powder, top with more water, shake well, and drink immediately (before it thickens).
- Drink at least 1 gallon of liquid daily.
- Make sure bowels are moving before starting. If constipated, use a natural laxative (e.g. cascara sagrada, magnesiumoxide, castor oil).
- Best results with a 5–7 day juice fast (the psyllium curbs hunger). But you can do it even longer, if you wish.
- If not fasting, follow a raw diet.
- Take the mix 1 hr before or 2 hrs after food (if on raw diet), or 1 hr before/after juice (if fasting).
- If bloating or constipation occur, check for food sensitivities, parasites, dysbiosis, or mold.

For more information go to our website:



**amevera.com**

Informational only.  
Always consult a medical professional.

