



Handcrafted Herbal Tea Blends | Detoxification Support*

Tea Preparation Suggestions | Tea Bags

1. Bring 64 oz of water to a rolling boil.
2. Remove one herbal tea bag from plastic container. Add one **unopened** tea bag to boiling water. Cover.
3. Reduce heat and simmer on **very, very low** heat for 30-45 minutes. **Note: each tea bag yields a half gallon of prepared tea.** For a stronger taste, simmer longer and do not remove tea bag. For a weaker taste, add water.
4. Consume throughout the day until gone. Avoid consumption after 7:00pm, if possible. If you experience sleepiness, exercise **extreme** caution.
5. Keep any unused portion refrigerated. **Discard prepared tea after 10 days if not consumed.** **Unprepared** tea bags must be kept in a cool, dry place. Discard after 90 days if not used.
6. Herbal tea can be consumed warm, hot, or cold. Simply add ice to drink cold or heat to desired temperature to drink hot. Add water if the strength of the tea is too strong for your taste.
7. Optional: add sweetener or honey to taste. Enhance the flavor by adding lemon, lime, grapefruit, orange crystals, mint, or dried fruit (pineapples, apples, mangos, etc.) to the boiling water or directly into your cup.

Consumption Suggestions | Tea Bags

Day 1 through 6:

- Day 1: Consume 64 oz of **Clear** (Lymphatic Detox Support) Herbal Tea Blend
- Day 2: Consume 64 oz of **Restore** (Organ Detox Support) Herbal Tea Blend
- Day 3: Consume 64 oz of **Renew** (Colon Detox Support) Herbal Tea Blend
- Day 4-6: Repeat

Consumption Suggestions | Tea Caps

Day 1 through 15:

- Take two (2) **Clear** (Lymphatic Detox Support) Herbal Tea Caps (before 10:00 am)
- Take two (2) **Restore** (Organ Detox Support) Herbal Tea Caps (before 2:00 pm)
- Take two (2) **Renew** (Colon Detox Support) Herbal Tea Caps (before 7:00 pm)

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Reminders

- Limit or avoid alcoholic beverages.
- Drink up to 128oz of water each day.
- Drink an 8oz glass of hot lemon water 2-3 times daily.
- Eat a healthy, balanced diet; increase fruit and vegetable intake.
- Avoid fried and processed foods and reduce salt intake.
- Avoid sugary foods or drinks.
- Consume carbohydrates before 2:00pm.
- Allow for 6-8 hours of sleep at night – and naps (if needed).
- Exercise a minimum of 15-30 minutes per day (strenuous exercise is encouraged).
- Reduce stress level.

Notes

You may experience the following symptoms for the first 24-48 hours (**these are normal**):

- Frequent urination and/or elimination
- Sleepiness, tiredness, or fatigue
- Emotional discomfort
- Slight headache or body aches
- Brain fog, nausea, or irritability
- Acne or skin disruptions
- Change in the color/smell of your urine or waste
- Slight body odor

Precautions

Do not consume if you are pregnant or think you may be pregnant.

Avoid use during breastfeeding.

Avoid using with hormone-related tumors or bleeding disorders.

Use caution with Digoxin.

Use caution with MAOI drugs, Zanaflex or Luvox medications.

If irritation or allergic reaction occurs, discontinue use.

Do not administer to children or infants.