



Dr. Natura[®]
"Created by Nature, Perfected by Man"[™]

30 Day Cleansing Kit

Colonix® – 30 Day Cleansing Kit Instructions

Days 1 – 5	Days 6 – 30	Days 31 – 60 (or 90)
<p>MORNING: 2 Paranil® capsules Take two Paranil® capsules on an empty stomach.</p> <p>1/2 scoop of Colonix® Approximately 30 minutes after taking Paranil®, mix one-half scoop of Colonix® Fiber in an 8 oz. glass of water or juice. Drink your fiber mix quickly, or it will become too thick. Follow it with an 8 oz. glass of water and wait 15 minutes before eating.</p> <p>EVENING: 1 cup of KleriTea® Before bed, steep a bag of KleriTea® in hot water for 1-2 minutes before drinking.</p>	<p>MORNING: 4 Paranil® capsules Take four Paranil® capsules on an empty stomach.</p> <p>1 scoop of Colonix® Approximately 30 minutes after taking Paranil®, mix one scoop of Colonix® Fiber in an 8 oz. glass of water or juice. Drink your fiber mix quickly, or it will become too thick. Follow it with an 8 oz. glass of water and wait 15 minutes before eating.</p> <p>EVENING: 1 cup of KleriTea® every other day or less frequently Before bed, steep a bag of KleriTea® in hot water for 2-6 minutes before drinking.</p>	<p>FOR 60-90 DAY CLEANSSES: Take a five-day break from the Paranil® and KleriTea® as you start your second month of cleansing. Continue the Colonix® Fiber only, and on Day 6 resume taking the Paranil® capsules daily, drinking the tea every other day or less frequently.</p> <p>Water: It is important to include daily eight, 8 ounce glasses of water daily to your overall health regimen.</p> <p>Medications: Please be advised to take medications either 2 hours before or 2 hours after taking Colonix® Intestinal Cleanser.</p>

Not for use by pregnant or nursing women. Consult a doctor before use if you are taking prescription medication or have been diagnosed with a medical condition. Discontinue use and consult a doctor if any adverse reactions occur.

Taking Colonix® Intestinal Cleanser without enough liquid may cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting, difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Do not take before bedtime. Do not take Colonix® Intestinal Cleanser within 2 hours of certain medications and dietary supplements where absorption may be affected.

Colonix® Intestinal Cleanser contains Chinese Rhubarb. Read the directions carefully. Do not use if you have or develop Diarrhea, loose stools, or abdominal pain because Chinese Rhubarb may worsen these conditions and be harmful to your health.

KleriTea® contains Senna Leaf and Buckthorn Bark. It is designed for short-term and occasional use only. Long-term continuous use is not recommended. Do not use if you have or developed diarrhea, loose stools, or abdominal pain because Senna Leaf and Buckthorn Bark may worsen these conditions and be harmful to your health.



For more information, please visit www.DrNatura.com or call toll-free 1-800-877-0414 Monday-Friday | 9:00 am to 5:00pm EST

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.