

Colo-Vada Light

Directions

An effective program that cleanses the body and restores a healthy internal environment without disturbing your daily routine.

This program is designed for 14 days and includes a 3-stage process that permits maximum efficacy of detoxification.

PROGRAM PROPERTIES:

- bowel cleanse and excretion of toxins
- improved functioning of the digestive system
- improved skin condition

STAGE 1	Detox (5 days)	STAGE 2	Purge (4 Days)	STAGE 3	Restore (5 Days)
D-TOX I 20 VEGETABLE CAPSULES D-TOX II 20 VEGETABLE CAPSULES GreenGreen 20 VEGETABLE CAPSULES		Light Mix 12 STICK PACKS		Assimilator 20 VEGETABLE CAPSULES GreenGreen 20 VEGETABLE CAPSULES Super-Flora 30 VEGETABLE CAPSULES	

This product is not intended to diagnose, treat, cure, or prevent any disease.

Программа разработана известным нутрициологом, доктором Альбертом Зером.

Stage 1. Detox (5 days)

Stage 1 contains elements to activate a detoxification within the general body. Elements like, Red clover blossom, Burdock root, Artichoke leaves and Thyme herb work together to draw toxins and heavy metal into the bowel. These elements join with Licorice root, Ginger root powders activate antiparasitic and vermifuge activity. We also include a nutrient dense green/fruit blend GreenGreen, which in itself is a powerful source of natural enzymes.

Stage 2. Purge (4 days)

After stage one has activated and released toxicity and brought it into the bowel and colon, this phase begins to work. Besides removing the newly arrived waste, it releases and removes accumulated debris




from the walls of the colon. The Psyllium husk powder acts as a broom, while the Bentonite Clay locks onto the toxicity while the Flax meal acts as a lubricant and the prune powder keeps the bowels moving. This phase will benefit most if only unsweetened juice and water are consumed during this time. One may experience some unusual bowel movement and maybe some long robe like discharge.

Stage 3. Restore (5 days)

The Probiotic blend Super-Flora and the Enzyme blend Assimilator will establish a good digestive balance. These along with GreenGreen will establish a solid base for ongoing good health.

DIRECTIONS

Recommended dosage schedule from Dr. Albert Zehr

	 MORNING	 NOON	 EVENING
STAGE 1 DAYS 1 TO 5	D-TOX I 2 CAPSULES WITH A MEAL D-TOX II 2 CAPSULES WITH A MEAL GreenGreen 2 CAPSULES WITH A MEAL		D-TOX I 2 CAPSULES WITH A MEAL D-TOX II 2 CAPSULES WITH A MEAL GreenGreen 2 CAPSULES WITH A MEAL
STAGE 2 DAYS 6 TO 9	Light Mix 1 STICK PACK*	Light Mix 1 STICK PACK*	Light Mix 1 STICK PACK*
STAGE 3 DAYS 10 TO 14	Assimilator 2 CAPSULES WITH A MEAL GreenGreen 2 CAPSULES WITH A MEAL Super-Flora 1-3 CAPSULES WITH A MEAL		Assimilator 2 CAPSULES WITH A MEAL GreenGreen 2 CAPSULES WITH A MEAL Super-Flora 1-3 CAPSULES WITH A MEAL

* Dissolve contents of one stick pack in a glass (240 ml) of water, mix well and drink immediately. Follow with a glass of water. Drink plenty of water throughout the day when taking this product.

DAILY WATER INTAKE DURING THE PROGRAM

It is recommended to drink a minimum of 1.5 L of water every day during the program and follow general dietary guidelines. Drinking water is necessary for water-salt and acid-alkaline balances and is beneficial for digestive system functions.

WARNING

Persons with known medical conditions, are pregnant, nursing or who are taking any medication, should consult with their physician before taking this, or any other dietary supplement or embarking on any program that requires fasting. Discontinue use if you have or develop excessive diarrhea or loose stools, or extreme abdominal pain. Discontinue use if adverse effects occur and contact your physician.

GENERAL DIETARY GUIDELINES

- eat more liquid food, vegetables soups and broths during the program
- reduce the consumption of meat products
- choose foods rich in vitamins and minerals
- meals should be cooked in the oven, steamed or boiled
- food should be room temperature
- eat every 3 hours
- do not eat less than 2 hours before bed
- do not snack between meals

FOODS TO AVOID

- preserved food, ready-to-cook food
- excess sugar and salt
- products with chemical preservatives
- energy drinks
- carbonated drinks
- caffeinated beverages
- black tea
- alcohol