

Internal Cleanse Guide

internalcleanse.com

Days 1 - 10

Morning:

ParaNix™ (2 capsules)

On an empty stomach, take 2 ParaNix™ capsules with a large glass of water.



Internal Sweep® (¼ scoop)

Mix ¼ scoop of Internal Sweep® powder into a large glass of water or juice and drink it right away. Start with as little as ¼ of a scoop and gradually increase it to ½ scoop over the next 10 days.

Gut Mate® (2 Micro Pearls)

Take 2 Micro Pearls along with Internal Sweep.

Pure Water

Drinking pure water is crucial for effective body cleansing. It's essential to consume at least eight 8-ounce glasses of water daily.

Evening:

KlenzTea™

Add 1 tea bag to 16 oz boiling water. Steep for 2-5 min, depending on the desired strength. Pour the tea into two cups. Drink 1 cup after dinner or at bedtime. Store the 2nd cup in the refrigerator for the next evening.

Days 11 - 20

Morning:

ParaNix™ (5 capsules)

On an empty stomach, take 5 ParaNix™ capsules with a large glass of water.



Internal Sweep® (½ scoop)

Mix ½ scoop of Internal Sweep® powder into a large glass of water or juice and drink it right away. Start with as little as ½ of a scoop and gradually increase it to 1 scoop over the next 10 days.

Gut Mate® (2 Micro Pearls)

Take 2 Micro Pearls along with Internal Sweep.

Pure Water

Drinking pure water is crucial for effective body cleansing. It's essential to consume at least eight 8-ounce glasses of water daily.

Evening:

KlenzTea™

Add 1 tea bag to 16 oz boiling water. Steep for 2-5 min, depending on the desired strength. Pour the tea into two cups. Drink 1 cup after dinner or at bedtime. Store the 2nd cup in the refrigerator for the next evening.

Days 21 - 30

Morning:

ParaNix™ (5 capsules)

On an empty stomach, take 5 ParaNix™ capsules with a large glass of water.



Internal Sweep® (1 scoop)

Mix 1 scoop of Internal Sweep® powder into a large glass of water or juice and drink it right away.

Gut Mate® (2 Micro Pearls)

Take 2 Micro Pearls along with Internal Sweep.

Pure Water

Drinking pure water is crucial for effective body cleansing. It's essential to consume at least eight 8-ounce glasses of water daily.

Evening:

KlenzTea™

Add 1 tea bag to 16 oz boiling water. Steep for 2-5 min, depending on the desired strength. Pour the tea into two cups. Drink 1 cup after dinner or at bedtime. Store the 2nd cup in the refrigerator for the next evening.

Internal Sweep™ contains Psyllium Husks and must be mixed with liquid before you ingest it. Do not swallow the dry powder. Psyllium can swell in your throat and cause choking if you don't take it with enough liquid.

*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.

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Days 31 - 36

Morning:

ParaNix™

Take a break from taking ParaNix™ capsules.

Internal Sweep® (1 scoop)

Mix 1 scoop of Internal Sweep® powder into a large glass of water or juice and drink it right away.

Gut Mate® (2 Micro Pearls)

Take 2 Micro Pearls along with Internal Sweep.

Pure Water

Drinking pure water is crucial for effective body cleansing. It's essential to consume at least eight 8-ounce glasses of water daily.

Evening:

KlenzTea™

Add 1 tea bag to 16 oz boiling water. Steep for 2-5 min, depending on the desired strength. Pour the tea into two cups. Drink 1 cup after dinner or at bedtime. Store the 2nd cup in the refrigerator for the next evening.

Internal Sweep™ contains Psyllium Husks and must be mixed with liquid before you ingest it. Do not swallow the dry powder. Psyllium can swell in your throat and cause choking if you don't take it with enough liquid.

Days 37 - 60

Morning:

ParaNix™ (5 capsules)

On an empty stomach, take 5 ParaNix™ capsules with a large glass of water.



Internal Sweep® (1 scoop)

Mix 1 scoop of Internal Sweep® powder into a large glass of water or juice and drink it right away.

Gut Mate® (2 Micro Pearls)

Take 2 Micro Pearls along with Internal Sweep.

Pure Water

Drinking pure water is crucial for effective body cleansing. It's essential to consume at least eight 8-ounce glasses of water daily.

Evening:

KlenzTea™

Add 1 tea bag to 16 oz boiling water. Steep for 2-5 min, depending on the desired strength. Pour the tea into two cups. Drink 1 cup after dinner or at bedtime. Store the 2nd cup in the refrigerator for the next evening.

Post-Cleanse

Morning:

Gut Mate and Internal Sweep®

Congratulations on completing your cleanse!

Keep the positive momentum gained from your cleanse by integrating prebiotics and probiotics into your daily routine, a crucial step in maintaining your gut health.*

Internal Sweep®: Your perfect daily fiber supplement that not only keeps you regular but also nourishes your beneficial gut bacteria with specialized prebiotic fibers.*

Gut Mate® 12 B Clinically documented probiotics with 20 probiotic strains.*



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