

# Bowel cleanse complete

## Components

- 1 Turmeric (Curcuma)
- 1 Fennel
- 2 Digestive enzymes
- 1 Cascara sagrada
- 1 Black Walnut Hull Tincture
- 1 Betaine hydrochlorid
- 1 Magnesium oxide
- 1 Iodine solution (Lugol) Do not take in if allergic to iodine



## Dosage chart

	Betaine hydrochlorid	Turmeric	Fennel	Digestive enzymes	Cascara sagrada	Magnesium oxide	Iodine solution	Black Walnut Hull Tincture
<b>Dosage</b>	2 capsules	2 capsules	2 capsules	4 capsules	1 capsule	2-3 capsules	6 drops in 1/2 glas of water	2 tsp. in 1/2 glas of water
<b>Application</b>	3 x daily	3 x daily	3 x daily	3 x daily	1 x daily Use if constipated Stop usage by diarrhea	1 x daily	4 x daily Always take in by itself, ideally after a meal. Wait 2 hours before taking any other supplements.	A single dose in water of fruit juice and drink it in small sips over 15 minutes. Remain seated until you no longer feel dizzy from the alcohol.
<b>Notes</b>	-	Your stool could be orange colored	Supports intestinal activity		Do not take longer than 3 weeks	-	Can oxidize other supplements	Dosage can be repeated if needed

Dr. Clark did not give a precise period of time for this cleanse.