

Your order contains

CAPSULES

or

Your order contains

g POWDER

CAPSULES: How to Take Formula #2 - "the black powder" in CAPSULES

[Depending on whether you are doing the full-on cleanse, or the gentle one, you will take a total of either 250 capsules OR 50 capsules over the 5 days]

Full-on: Take 10 capsules x 5 times daily.

Gentle: 2 capsules x 5 times daily.

*In either case, you should drink a minimum of 8-16 ounces of liquid with or immediately after each dose.

POWDER: How to Take Formula #2 - "the black powder" as POWDER

1. Take 1 HEAPING tsp. and mix with 4-6 oz. of FRESH Juice or water.
2. Drink an additional glass or 2 of Water, after consuming the Juice Mixture.
3. Do 5 times per Day, REPEATING Steps 1 & 2.

Information:

Take 1 hour after your morning nutritional drink, do the same 1/2 hour before lunch, between lunch and dinner, 1/2 hour before dinner and 1 hour before bed, so that you are consuming a total of 5 times each day. Or, take it anytime during the day, just be sure to allow about 30 minutes before or after meals, juices or taking your tinctures.

Take this between meals and away from other herbs or medicines (or it will absorb them). So you could take 1 in the morning, then before lunch, then 1 mid afternoon, 1 before tea, and 1 before supper. Leave an hour before or after food.

NOTE: Formula #2 should be used together with Formula #1. It will pull OLD Fecal Matter off the Walls of your Colon and out of ANY Bowel Pockets. It will also DRAW-OUT Parasites, Poisons, Toxins, Heavy Metals, and even Radioactive Materials. Formula #2 will actually REMOVE over 4,000 known Chemicals and Drug Residues.

For more info about each product, go to www.TheHealingHerb.co.uk
There are links from there to websites with amazing and useful info.