

Regain healthy digestion with **Bowel Restore**

Standard Protocol

- › Bowel Restore should be taken on an empty stomach, 10 - 20 mins prior to breakfast and/or dinner.
 - › Place water in a shaker bottle or similar with a minimum of 300 - 350mls of water, then powder on top, and shake vigorously for 5 - 10 seconds and drink down immediately.
 - › Always consume pure spring water or at least a high quality filtered water (from filters where you can wash the filters at least once a month) for good health.
- DAY 1** › Take 1 scoop prior to breakfast.
- DAY 2** › Take 2 scoops for the next 6 days prior to breakfast.
- WEEK 2** › Take 2 scoops twice daily prior to breakfast and dinner for a period of 2 – 8 weeks until satisfied that full detoxification has been achieved.

BOWEL RESTORE WORKS FAST AND IS DESIGNED FOR SHORT TERM OR INTERMITTENT USE TO MAXIMUM CONTINUOUS USE OF 3 MONTHS.

For more information or specific advice visit

 UltimateFormulations
www.ultimateformulations.com.au

For all other enquiries please call us on **0423 346 783**
or email at bowelrestore@bigpond.com



- ONGOING** › Once major detoxification has been completed and a level of homeostasis has returned as indicated by regular bowel movements around 3 times a day, it is recommended to continue on 2 scoops once per day most days for another 1 - 2 months.

It will be highly beneficial for you to add in probiotics, enzymes and fermented foods to your diet to repopulate friendly bacteria, reduce inflammation and promote positive genetic expression.

Always listen to your body and follow a protocol that works for you, but remember sometimes pushing through a little if detoxification symptoms persist can get the desired results. Don't worry if you miss a dose here and there or don't feel like one some evenings/days, just as long as you finish the job.

Always eat high quality organic, local, chemical-free, GMO-free foods!

DISCLAIMER

People with existing health conditions and those taking prescription medications should consult with a nutritionally minded health practitioner prior to taking. Some herbs within this formula are not recommended for pregnant or breastfeeding mothers. This product is not intended to diagnose, treat, cure or prevent any disease. If undesirable symptoms persist, see your health practitioner. Alternating use or switching to our Bowel Maintenance is recommended if further assistance is required.

