

# 4 REPEAT

Repeat daily for 5 days

Stick to the dosage of Colon Detox Capsules. Be flexible with the Colon Cleaner and Colon Tea, and adjust according to how you are individually reacting to the detox.

The 5-Day Organic Colon Detox Program may be done as a 1-time, or repeated periodically. It is a good place to start as it would enhance the effectiveness of the Liver Detox Program, Kidney Detox Program, etc.

A good next step would be the 5-Day Liver Detox Program.

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## HELPS & TIPS

from deep within the Colon walls. It's vital to take plenty of water and a cleaner with it, to limit binding.

### Is this normal?

A little discomfort, slight fatigue, feeling action in your bowels, then an extra boost of energy, are all normal.

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*Friendly US based support*



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These statements have not been evaluated or approved by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

# SPEEDYVITE®

## 5 DAY ORGANIC COLON DETOX

### Product Info-Guide



Kit includes: Colon Cleaner, Colon Detox, Colon LifeBoost® Tea & Directions

Email [info@SpeedyVite.com](mailto:info@SpeedyVite.com) Call/text **866-VITE2GO (848-3246)**

# 1 PREPARE

**Night before: Take 1 Colon Cleaner to keep you moving.**

Prepare your bowels as follows:

The night before you start the Detox, take a Colon Cleaner (1 capsule). This can be taken during, or after your evening meal. A bowel movement should take place the next morning, You are ready to proceed.

Prepare your schedule / lifestyle:

For the next 5 days. You will be drinking plenty of water which will mean frequent bathroom breaks.

*NOTE: If you're already there, at 1 or more movements per day, then you can proceed immediately to the next step).*

*If you're not there, it really is essential that you get to at least 1 or more bowel movements a day. You may need to increase the dosage by an extra capsule each next day\*. Even if it takes a couple of extra days, it will be worth it.*

*(\*See below for more info on using Colon Cleaners)*

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## HELPS & TIPS

### **What is a Colon Cleaner?**

Colon Cleaners are designed to cleanse & flush out toxins. They are taken by many people on an ongoing basis, alone, to aid the digestive system. Or as

a key part of the detox program, before and during a detox, to keep you moving and ensure that the toxins, once drawn out, are eliminated. The Organic kit comes with an Organic Full Strength Colon Cleaner. \*If

# 2 DETOX

**Colon Tea in the morning. Colon Detox capsules: 4x daily**

Start with a cup of Colon LifeBoost® Tea in the morning. Steep for 4-6 minutes. Let the tea cool to a comfortable temperature and enjoy. Sweeten to taste with honey or your preferred method. Increase cups per day, as needed to achieve desired bowel function.

Take the Colon Detox Capsules

- Dosage: 6 capsules (yes it's a lot but it's essential)
- Frequency: 4 times daily (1/2 hr before each meal, and just before bed)
- Along with: 12 - 16 oz of water (each dose). You may substitute 1-2 cups with Colon LifeBoost® Tea.

# 3 FINISH

**Finish off the day with a Colon Cleaner**

Take 1 (\*or more if necessary) Colon Cleaner during / after the evening meal. This can be adjusted, more or less, during the 5 days.

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## HELPS & TIPS

the desired bowel movement is not achieved, (1) increase the dosage by 1 tablet daily or, (2) increase the amount of Colon LifeBoost® Tea taken or, due to individual reactions,

(3) switch to our Wild Full Strength Colon Cleaner.

### **What is a Colon Detox?**

A Colon Detox will draw out toxins and undesirable clogged up fecal matter