

Activated Bamboo Charcoal

User Guide



Take with
Filtered Water



No meds or any other dietary
supplements 30 min before or 2 hours
after taking Activated Bamboo Charcoal

Suggested Use: 2 to 3 Capsules a Day



Wait 2 hours
after eating

2 to 3 Capsules a Day

4 to 8 oz



2 to 3 Capsules a Day

4 to 8 oz

Wait 30 min
before eating

Information provided is suggested use only. Consult with your healthcare provider and modify as needed. Some medication can be impacted by supplements.



Visit Our Website
to learn more!

Have you tried our shaker bottle?

You'll love it!

