

# INSTRUCTIONS FOR THE ULTIMATE CLEANSE

A SIMPLE AND EFFECTIVE 25 DAY CLEANSE



If you are needing a serious detox but don't know where to start, then **The Ultimate Cleanse** is for you!

## Preparation

To ensure that you get great results with The Ultimate Cleanse:

- It is essential that you drink at least 2 litres of clean, purified water per day.
- Increase your fibre with fruits, vegetables, chia seeds, hemp seeds, flax seeds, and psyllium husk.
- Eat more plant based foods as they are high in fibre.
- To optimise your cleanse, reduce consumption of sugary, caffeinated and alcoholic beverages.

## KICK START SMOOTHIE

### INGREDIENTS

1 cup frozen organic blueberries  
1/2 cup of other frozen organic fruit  
250mL purified water  
2-3 tbsp hemp seeds  
1 tsp chia seeds  
1 heaped tsp Revive (start ¼ tsp and gradually build up)

### METHOD

Place the frozen fruit, purified water, hemp seeds and chia seeds into a NutriBullet and blend until smooth. Add Revive and blend briefly before serving.



For more delicious recipes check out [www.SAYBO.com.au](http://www.SAYBO.com.au)



### STEP 1

Upon rising, take 2 scoops of **Ultimate Fibre** in a shaker with 400mls of purified water. Shake vigorously for 5-10 seconds and drink immediately before the mixture thickens.



### STEP 2

30 minutes later take a serving of Revive in a shaker with 300ml purified water, juice or in a **Kick Start Smoothie**. (Start with ¼ teaspoon Revive and build up to 2 heaped teaspoons per day).



### STEP 3

Consume a **healthy lunch**. Ideally a colourful salad consisting of green leafy's, grated fresh beetroot, carrot, tomato, olives, cucumber, hemp seeds, sunflower seeds, pumpkin seeds and a dressing made from any of the following: apple cider vinegar, lemon juice, garlic, olive oil and celtic sea salt.



### STEP 4

Mid-afternoon consume a serving of **Super Binder**. Start with ½ teaspoon and build up to 2 teaspoons in a shaker with 300ml of purified water. Shake vigorously and drink immediately before the mixture thickens. Always take Super Binder at least an hour and a half away from any supplements, medications and food.

Continue your evening with a healthy, high fibre, nutritious dinner.

## To Enhance the Cleanse:

Add the juice of a lemon, 1 heaped tsp of Goji Schiz powder and 5 drops of Fulvic Acid to a litre of purified water and drink throughout the day. **OPTIONAL EXTRAS:** A teaspoon of Turmeric powder, Ginger powder or a pinch of Cayenne Pepper.



**Are you feeling tired, stressed, and bloated? Is your immune system low and do you struggle to lose weight? Has your skin lost its glow and do you experience constant brain fog?**

Well, these symptoms can be warning signs that your liver and gut need a cleanse. We are constantly bombarded with toxins, heavy metals, and all kinds of chemicals from the food, air, and water that we consume. These toxins can make our bodies feel sluggish and contribute to much more severe health issues, so we need to assist our bodies to eliminate toxins regularly. This can be easily achieved by using the 3-Step Ultimate Cleanse to fast-track unwanted waste out of your body and restore your vitality!

### Revive

Revive superfood powder is a premium blend of 39 different superfoods and tonic herbs. This whole-body tonic will help your body and mind better cope with stress while supporting immunity and detoxification.

- Immune booster
- Adrenal support
- Libido enhancer
- Energy booster
- Mental clarity



### Super Binder

Super Binder is a premium blend of medical grade activated charcoal, bentonite clay, prebiotics, and dietary fibre. These ingredients help absorb unwanted toxins, heavy metals, herbicides, pesticides, mycotoxins, endotoxins, and volatile organic compounds, from the GI tract.

- Detoxification
- Gut health
- Dietary fibre
- Prebiotics



### Fulvic

This potent mineral concentrate is loaded with high-quality, cold water extracted Fulvic/Humic acid and over 77 macro and micro (trace) minerals.

- Detoxification
- Immune booster
- Potent antioxidant
- Gut health



### Goji Schiz

Goji Schiz is a delicious tangy blend of premium Schizandra and Goji Berry powder.

- Liver cleanser
- Libido enhancer
- Adrenal support
- Vibrant skin
- Mental clarity



**All SAYBO products are GMO Free, Gluten Free & Vegan.**

**FOR RECIPES AND MORE PRODUCTS VISIT [WWW.SAYBO.COM.AU](http://WWW.SAYBO.COM.AU)**