

# Brett Elliott's Ultimate Herbal

# **Triple Combo USER GUIDE SHEET**

BodiTune

#### **Food Guide**

You will find a food guide and some recipes provided within each program. You can also select your program on the recipe page www.brettelliott.com/food

> 30 Day DETOX capsules

## Part 1



#### BodiClenz Drink 500g or Herbal DETOX 480 Capsules Either 1 smoothie of BodiClenz or 4 capsules from each of the four Herbal Detox capsules daily

Follow the one-month '*Gentle Cleanse*' program as outlined in the BodiClenz and Ultimate Herbal Detox user guides and recipe sheets provided.

## Part 2



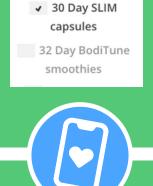
#### Ultimate Herbal SLIM 480 Capsules

**Take 4 capsules daily from each of the four bottles** The Herbal SLIM is the ultimate metabolic boost and craving controller, plus a gentle bowel regulator. Follow the 1-month Rapid Slim plan and follow the food guide provided inside the pack.



#### BodiTune 500g Pot or BodiTune 32 Sachets Take 1 scoop or 1 sachet daily

This energizing drink is best taken in the morning or early lunch with a smoothie. It increases metabolism and reduces hunger during the day. Recipes are provided with each product and you can choose from any of the smoothie recipes provided.



#### Free Mobile App 'Detox 'n Heal Yourself' Get everything you need in the palm of your hand.



iPhone



Android