

## **HOW to Take PURE BODY and PURE BODY EXTRA STRENGTH DETOX \***

The maximum dose of **Pure Body (PB)** is 4 drops every 4-6 hours for an adult, less for children. Your body is totally saturated with product for 6 hours at this dose, so to take more would just waste your money. The recommended dose for **Pure Body Extra Strength (PBX)** is 3-4 sprays every 4-6 hours for an adult, less for children. You then begin to excrete the **PB/PBX** primarily from your kidneys during urination, and it is totally gone from your body in 6-8 hours.

These products are made of purified **Clinoptilolite**, a natural **zeolite mineral** with a powerful negative charge that attracts, traps, and removes positively charged things that should never be in your body, such as heavy metals and most industrial chemicals, into its "cage like" molecular structure. This is proven in multiple scientific studies. Other things that are positively charged that could possibly be captured are allergens, viral particles when replicating, radon, and some types of radioactive particles.

You ingest a clean toxin trapping cage and excrete a dirty one. It is also like taking in a clean dry sponge and excreting a wet dirty one...meaning that along with the toxins, water can be drawn into the cage/sponge. So anything that would be perceived as a "side effect" is dehydration and will be resolved by drinking more water. The more toxic you are, the more water you will need to drink. So if you have an issue with dehydration, it could mean you are really toxic. Don't stop the product, just drink more water, or reduce the amount of product per dose, and detox a little slower.

It is rare that anyone experiences a "detox reaction" with **PB** or **PBX**. This IS NOT releasing toxins into your blood where your liver, kidneys and other detoxification pathways are stressed to metabolize and eliminate the toxins. Your toxins are instantly trapped inside the cage, pre-packaged for elimination the next time you visit the bathroom. This is not a colon cleanse/purging type detox method, and rarely causes diarrhea. **PB** cleans your colon, blood, and lymph of toxins...**PBX** cleans everything else...at a deep intra-cellular level, where it matters most. Health starts from a toxin clear, well nourished cell. You don't know what your toxins are doing to you, till they are gone.

You cannot be allergic to Pure Body/clinoptilolite products. It should NOT affect your medications, because medications are neutral or negatively charged like the zeolite, so they do not attract each other. Rare exceptions would be chemo agents that have platinum in them, and possibly lithium, used by some people with depression...they are metals, so are positively charged, and have the potential to be drawn to the cage...but only for the maximum of 8 hours you have the zeolite product traveling through your body. It does not remove healthy electrolytes like Calcium, or Potassium.

When you first start, especially, compliance is important. Any 8 hours you have not taken it, you have stopped the detoxification process you have started. At least for the first 30 days, please try to consistently take it at least every 8 hours for best results. We are continually getting toxic exposures, so it is recommended you continue to dose daily, especially if you do something you know has toxic potential, like if you eat fish, or if you have a viral issue happening.

You can put **PB** in water, on food and ingest it; **PBX** is sprayed into your mouth and swallowed. Think of it like this: You can send in a large dump truck to collect and take out your trash every 8 hours. Or you can send in little pick-up trucks all day long. Dose every 8 hours, or multiple times a day. Either way, you are getting out those things that are potentially harming your cells, and interfering with their ability to function optimally.

Remember: **Detoxification is your first step on your journey to optimal health.** For more information, please contact:

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\*This information has not been evaluated by the FDA and is not intended for the prevention, treatment, or cure of any illness or disease. Please seek care from your personal health care provider for all health concerns. Clinoptilolite has been evaluated for safety and has been given the safest rating possible: Generally Recognized as Safe/GRAS Status