



Functional Shift Consulting Ltd

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	Amount	Time to Take	Duration /other instructions
Programme for Nutritional Shift Herbal Bowel Cleanse			
Caprylic & Herbal Formula	One capsule	AM – ideally before breakfast	For 2 -4 days: <i>To be taken on an empty stomach at least 30 mins before food</i>
	One capsule	PM – ideally before tea/supper	
If no adverse symptoms, increase dose to	One capsule	AM – ideally before breakfast	For 2 – 4 days: <i>To be taken on an empty stomach at least 30 mins before food</i>
	Two capsules	PM – ideally before tea/supper	
Again, if no symptoms increase to	Two capsules	AM – ideally before breakfast	For the remaining 5 weeks: <i>To be taken on an empty stomach at least 30 mins before food</i>
	Two capsules	PM – ideally before tea/supper	
<p>Caprylic and Herbal Formula You may experience some symptoms with this supplement such as mild wind, slight abdominal discomfort, more regular and/or loose bowel movements or mild nausea. These are signs of the bowel cleansing – our aim here is to do it gently and with minimal discomfort. There is no need to rush! For this reason it is advisable to start with one capsule of Caprylic & Herbal Formula and one Bromelain tablet twice per day on an empty stomach at least 30 minutes before eating, and <i>slowly</i> increase so your body can adapt with minimal discomfort. This is a deep cleanse and should be undertaken with conscious awareness and careful organisation. It is very important to leave at <u>least an hour</u> between taking the Caprylic & Herbal Formula and the Probiotic at night otherwise the probiotic will be inactivated.</p>			
Bromelain	One tablet	Twice per day – AM and PM	<i>To be taken on an empty stomach at least 30 mins before food with the Caprylic & Herbal Formula.</i>
Probiotic E500	One teaspoon	Once per day - PM	At night before bed. Mix into a small tumbler of warm water and leave to stand for 5 – 10 minutes to allow to activate.

Please call on 01432 818090 and/or e-mail admin@functionalshift.com if you have any questions.