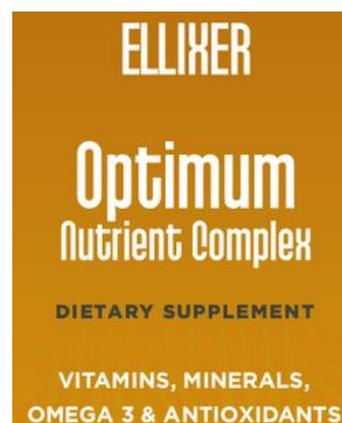
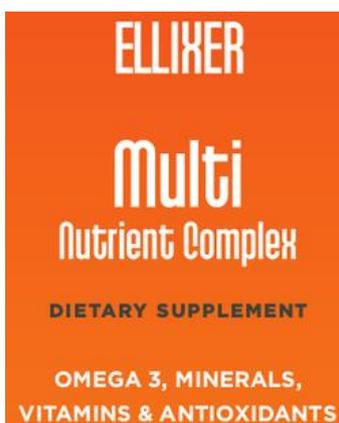
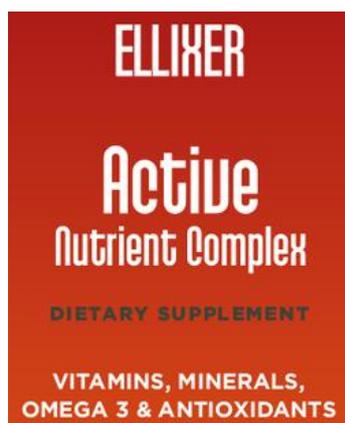


Warning – Do not exceed recommended dose. Read Directions before use.



Directions

- Read the information overleaf titled Detox Symptoms.
- Start consumption of juice at between 8ml to 16ml per day.
- In the event of detox symptoms occurring:
 - Refrain from taking the juice for 1-3 days.
 - Resume when detox symptoms have abated using half the previous dose.
 - Increase dose by 1ml per day until desired dose has been reached.
 - If detox symptoms reoccur, reduce dose again by half.

Overview

Ellixer is a dietary supplement containing 12 vitamins, 65 trace minerals, omega 3 essential fats and additional antioxidants with supporting nutrients. These combine to create a potent supplement drink and **responsible use is essential**.

Nutrients taken in synergistic form (such as Ellixer Multi, Active and Optimum) **may** cause detoxification symptoms within the body resulting in some short-term discomfort, especially for those that have not been on a previous supplement programme. Follow the guidelines below to avoid any undesirable symptoms.

Detoxification

If you've been eating a processed diet for years, some of the food you've consumed can become stuck in the body turning toxic. In addition to leftover food matter, we are constantly bombarded with modern day chemicals and toxins in the air, water, food and products we use.

Consider your body as a detoxification battlefield, continually in combat to rid itself of toxins which contribute to the cumulative poisoning of your body. Thankfully we have the resources to dispense these toxins, these include micro-nutrients (vitamins and minerals) and anti-oxidants. Supplying the frontline with these beneficial compounds will increase health vitality while staving off chronic illness. Being able to identify and manage detox symptoms enables a sustainable and safe way to gradually cleanse your body over time.

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Detox Symptoms

Synergistic nutrients support and raise the immune system cleansing cells, which results in the release of stored toxins, pathogens and waste. This can also occur from the reduction of sugar, caffeine, alcohol, tobacco and other toxic ingestants. It's a bit like cleaning a house, in the process everything becomes a little more messy and cluttered than before, but once you are past the beginning phase your organs and body functioning will improve.

Headaches, both mild and severe, are the most common symptom people acquire during a detox, and the onset can commence very quickly. You may also develop **cold or flu-like symptoms**, like swollen lymph glands, stuffy or runny nose, a sore throat or perhaps a cough or lung congestion. It's unlikely this will actually be a cold or flu (unless you've had exposure to a virus) and these symptoms should dissipate within hours or days. **Feeling a little high**, like you've had too many coffees or energy drinks may also occur.

Fatigue, and the feeling that you've run into a brick wall can manifest during a detox. Feeling light headed, having low energy, feeling exhausted and in need of extra sleep also applies. Don't feel bad about taking time out, and ensure you get plenty of rest. **Excessive irritability and moodiness** can also occur which will only last for a short period of time.

Diarrhea, constipation and/or more frequent bowel movements are also common. The colon is a significant detoxification organ and much unwanted debris can emerge. It's not pretty and it won't smell good, but it will give you an idea of what you've been carrying around, and is much better out than in.

If your liver is really backed up with toxins, you may start to **detox through your skin**, the largest organ in your body to assist in detoxification on a daily basis. You may get a rash or see some little pimples pop up as you eliminate through your pores. In extreme cases **boils may develop** and although this is normal, such an extreme level of detoxification should be avoided for your own personal comfort.

Other symptoms can include **body aches and pains, cravings and withdrawal, nausea, bad breath, gas, bloating and stomach aches**. Mitigate these symptoms by following the tips below.

Tips to Reduce Detox Symptoms

Reduce the intake of the nutrient juice if you experience any discomfort detailed above, and resume after one to three days with a reduced dose - then increase the dose by 1ml per day until desired dose is reached.

Drink lots of water, which helps move toxins through the body. A minimum of one litre per day is good, and one-and-a-half to two-and-a-half litres is a safe and sufficient amount to ensure proper hydration.

Epsom salt baths are also good to help draw those toxins out of the body while helping to soothe and relax. These can be purchased online or from your local health shop. Soak yourself for at least 30 minutes and use about 1-3 cups per bath.

Increasing consumption of good fats, specifically Flaxseed oil, purchased out of a fridge at your local health shop can improve your bodies ability to deal with detox symptoms. Make sure to store your flaxseed oil in the fridge, as temperatures over 12 degrees will cause the oil to go rancid producing trans-fats.