



LiverPure

Directions for use:

Eat a light breakfast and lunch with no fat. This enables the bile in your liver to accumulate, creating gentle pressure on your liver. This pressure should eliminate more biostones from your liver.

Do NOT drink or consume any foods after 2 PM. If needed, you may sip small doses of purified water only.

First, mix entire content of Liver Prep with 3 cups of COLD purified water. After mixing, it is important to refrigerate! 4 hours before bedtime, drink 3/4 cup of the Liver Prep.

2 hours before bedtime, drink another 3/4 cup of the Liver Prep.

Right before bedtime, pour entire content of RealLemon into Liver Clean container and shake well. Drink entire contents within 5 minutes.

Lay down in your bed as soon as you are done. This is crucial. Lay on your right side (if possible with your right knee up in the direction of your chin) for 20 or so minutes. Stay still, try to sleep. This position will cause the Liver Clear to pool close to the common bile duct and coax toxins out of your system.

Upon waking in the morning, drink 3/4 cup of your chilled Liver Prep.

Two hours later, drink the last 3/4 cup dose of your chilled Liver Prep. There is no need to drink this last dose if the bowels have already begun to evacuate. 2 to 3 vigorous bowel movements in a 1-2 hour time period is normal, so plan your Liver Pure process accordingly to your lifestyle. It is common to see green and red objects in the bowl after this process...you will be thankful they are no longer in your body!

2 hours later you may begin consuming liquids and move into a light meal, fruits and vegetables preferably.