

## Cleanslate Dosage Guidelines

Cleanslate is the most powerful chelator and detox product on the market. It is very important you follow these dosage guidelines

Start with 1 DROP (not dropper) under tongue morning and night.

After 3 days or so go to 2 drops twice

After another 3 days or so go to 3 drops twice and keep increasing

You can build up to 10 drops twice if you like but it may not be necessary. It is important you build up to this

At 10 drops twice the bottle will last about 3.5 to 4 weeks

If you have a chronic condition like cancer then its important you take a minimum of 10 drops twice but build up to it!

Make sure you drink plenty of good clean filtered water too as the toxins are carried out through your urine so plenty of water is needed for that

It is very salty so if its too much you can put the drops in water and drink it

You can take on full or empty stomach. It doesn't matter

### **USING WITH MEDICATIONS**

There are no contraindications with meds BUT if you are on chemo then stop taking cleanslate 24 hrs before and resume 24-48 hrs after

Take cleanslate either 4 hours before or after medications if you want to be completely safe

### **PREGNANT WOMEN**

Cleanslate is safe to use with pregnant women. In fact they need it as at least 30% of mercury and other toxins go from the mother to the baby in the womb. In fact the babies should be healthier!

## **CHILDREN**

Start with 1 drop a day. Babies can take too. Then go to 1 drop twice and build up. With babies stick to 1 or 2 drops a day

With kids go to max 3-4 drops twice a day

## **ANIMALS**

Same protocol as children. For big animals like horses build up to 10 drops twice

## **AMALGAMS**

If you have had amalgams removed then start ultra slow. Put 1 drop in a bottle of water and take 1-2 sips a day until you can handle more

Why? The mercury will be in your body and could cause detox reactions. Then if comfortable go to 1 drop a day then build up

## **DETOX SYMPTOMS**

You may have detox symptoms which is why you must start slow. If you do have symptoms then make sure you drink plenty of good clean water. I hear lemon water helps too!

## **ZERO IN**

Start at least 2 weeks after being on Cleanslate. Start with 1 pill in morning on empty stomach and you can eat at least 15-20m later. After few days or a week you can go to 2 pills if you want

## **RESTORE**

You can start Restore at same time as Cleanslate. Orally Take half a sachet a day or 1 sachet every 2 days. You can rub in skin too if you like as its supposed to be very good for the skin

For the first week take with food

It is best taken in the evening or at night time to let it do its thing while you are asleep

Small children – 1 tea spoon a day