

# INTERNAL MAKEOVER CLEANSE

## PRODUCT INFORMATION SHEET

Because Everybody Wants a Good Poop!

### WHY DO WE NEED COLON CLEANSING??

Not pooping right?? Can't lose that last 10, 20 or 50 pounds?? Gassy? Bloating? No energy? Working out but not getting results??

- Today's refined and processed foods create toxic impacted waste matter in your colon, stopping you from functioning at peak level.
- Colon cleansing naturally rids you of toxins to rejuvenate and energize you, so you can live your best life!

### THE AVERAGE PERSON CARRIES 5-20 POUNDS OF WASTE !!!

- Weight loss is a pleasant benefit of ridding the body of excess waste matter.
- Cleansing balances weight, rids you of unhealthy cravings, builds muscle, and provides energy to live life and exercise.

So treat yourself to an **INTERNAL MAKEOVER**, for a healthier, radiant slender, more energetic You!

## INTERNAL MAKEOVER CLEANSE PACKAGES

### A. 1-Day Vitamin C Flush

- A. **Standard Vitamin C Flush** (Vitamin C Flush 100 g Only) ..... - \$25  
B. **Deluxe Vitamin C Flush Kit** - ADD: Superfood (7 oz (\$25 each)) ..... - \$50 Total Cost

### B. Two-Week Deep Cleanse

- A. **Standard Two-Week Deep Cleanse Kit** ..... - \$100 Total Cost
- Vitamin C Flush (100 g - \$25)
  - Superfood (7 oz - \$25)
  - Lower Bowel Formula No.1 (100 count - \$25)
  - Lower Bowel Formula No.2. (8 oz - \$25)
- B. **Deluxe Two-Week Deep Cleanse Kit** ..... \$175 Total Cost
- Vitamin C Flush (100 g - \$25)
  - Superfood (7 oz - \$25)
  - Lower Bowel Formula No.1 (100 count - \$25)
  - Lower Bowel Formula No.2. (8 oz - \$25)
- ADD:
- Parasite Cleanse (8 oz - \$25)
  - Primal Defense Probiotic (8 oz - \$25)
  - Candida Support (8 oz - \$25)

### C. 4 - Week Total Body Internal Makeover Cleanse

- A. **Deluxe 4 - Week Total Body Internal Makeover Cleanse Kit** ..... \$350 Total Cost
- Vitamin C Flush (100 g - \$25)
  - Superfood (14 oz - \$35)
  - Lower Bowel Formula No.1 (200 count - \$45)
  - Lower Bowel Formula No.2. (16 oz - \$45)
  - Parasite Cleanse (2 oz - \$25)
  - Liver/Gallbladder Formula (2 oz - \$35)
  - Kidney/Bladder Formula (2 oz - \$35)
  - Candida Support (100 count - \$25)
  - Primal Defense Probiotic (90 count - \$45)
- B. **Diamond Deluxe 3 - Month Cleanse Support Kit** (\$1,130 value) ..... \$500 Total Cost
- ❖ 4-Week Total Body Internal Makeover Cleanse Kit (\$380 value)
  - ❖ 2 - Months' supply of additional Internal Makeover Cleanse Maintenance Nutrients & Probiotics (\$250 value):
    - 2 x Superfood (14 oz) (\$100 value); 2 x Primal Defense Probiotic (90 count) (\$100 value); 1 x Large Vitamin C Flush (\$50 value)
  - ❖ 1-hour individual nutritional, cleanse & wellness consultation (\$125 value)
  - ❖ 3-months daily access to Internal Makeover Cleanse Detox & Wellness Coaching via Telephone, & Online (\$375 value)
  - ❖ Subscription to Internal Makeover Cleanse Healthy Living Newsletter PLUS Internal Makeover Quick 'n' Easy 7-Minute Recipes

# INTERNAL MAKEOVER CLEANSE PRODUCT DETAILS – WEEK BY WEEK



## PRE-CLEANSE VITAMIN C FLUSH

Jump-start your cleanse with the Internal Makeover Vitamin C Flush the day before you begin. Flush out backed-up waste in your colon, boost your immune system, speed up detoxification, and see how much toxicity you have in your body. ....100 grams - **\$25** .....200 grams - **\$45**

## CLEANSE WEEK #1



**1. SuperFood Nutritional Powder** .....7 oz. - **\$25**  
 .....14 oz. - **\$35**  
 This perfectly balanced blend of Superfoods supplies natural food vitamins, minerals, amino acids, and essential trace nutrients.



**2. Lower Bowel Formula #1**  
 ...100 capsules - **\$25** ...200 capsules - **\$45**  
 This formula cleanses, heals, and strengthens the colon, stimulating peristalsis, moving waste quickly through the intestines, and out of your body.

## CLEANSE WEEK #2



**Lower Bowel Formula #2** .....8 oz. - **\$25** .....16 oz. - **\$45**  
 This soothing formula is used with Lower Bowel Formula #1. This intestinal vacuum draws old fecal matter off the walls of your colon and out of any bowel pockets. It also draws out poisons, toxins and heavy metals.

## CLEANSE WEEK #3



**1. Parasite Cleanse** .....2 oz. - **\$25**  
 Powerful and effective tonic to promote healthy microbial activity in the intestines.



**2. Additional Formulas** .....2 oz. - **\$35** .....4 oz. - **\$65** Depending on individual needs, any of the optional formulas below may be taken in Week #3.  
**A. Liver/Gall Bladder Formula**  
**B. Kidney/Bladder Formula**

## CLEANSE WEEK #4



**1. Primal Defense:** A blend of 12 probiotic species & homeostatic soil organisms to replenish good bowel bacteria, for optimum gastrointestinal nutrient absorption & assimilation. ....45 caplets - **\$25** .....90 caplets - **\$45**  
**2. Candida Support** – Provides support for a healthy balance of intestinal bacteria .....100 capsules - **\$25** .....200 capsules - **\$45**

## CLEANSE SUPPORT

- 1 - hour individual nutritional & wellness consultation .....\$125
- 1 - month Total Access cleanse, nutritional & wellness coaching package.....\$125

## SO START YOUR COLON CLEANSE PROGRAM TODAY!

Internal Makeover Cleanse guides clients from our flagship 1-day Vitamin C Flush, through our 4-week deep cleanse and weight-management program. Depending on wellness goals, and whether you wish to lose weight, the cleanse goes deeper each week, from a 1-2 week “mini-cleanse,” through a full-body cleanse. Each product has unique benefits, and maybe used individually.

- **WELLNESS CONSULTATIONS.** We evaluate your wellness goals, where you are, where you want to go & how to get there.
- **INDIVIDUAL OR GROUP PRESENTATIONS,** at a venue of your choice.
- So give yourself an **INTERNAL MAKEOVER: For a healthier, radiant, slender, more energetic you!**

## MAINTENANCE CLEANSE: Depending on wellness & lifestyle choices, a cleanse is recommended every 1 to 5 years

**May all your wellness dreams come true!**

*Titi*

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