

# Coral Detox Plus

## Directions for use

**Coral Detox Plus** is an advanced version of the Coral Detox set that helps to detoxify the organism, protect cells, increase vitality and boost the immune system. Enhanced detoxification and a high level of energy!

### PROPERTIES:

- protects against oxidative stress
- boosts energy and increases resistance to stress
- increases intake of vitamins and minerals
- improves digestion
- promotes longevity

### SET INCLUDES:

- Coral-Mine (30 sachets)
- H-500 (60 capsules)
- Assimilator (90 capsules)
- Coral Lecithin (120 capsules)
- Coral Alfalfa (120 capsules)
- PentoKan, 2 tubes (40 effervescent tablets)

**Coral-Mine** is a product from Japan made of deep-sea coral (scleractinians) collected in the Sea of Japan, near the islands of Okinawa and Tokunoshima. It also contains calcium, magnesium, potassium, iron, phosphorus, sulfur, silicon, chromium, manganese, zinc and other minerals. A sachet placed in water enriches it with beneficial minerals, restores water-salt balance. Coral-Mine helps remove water-soluble toxins.




**H-500** is a powerful antioxidant that helps fight toxins. H-500 prevents the ravages of free radicals and boosts energy by stimulating cellular energy output. Supports the immune system and protects the body against free radicals.

**Assimilator** is a product based on digestive enzymes to improve digestion and boost immunity. It contributes major body's own digestive enzymes that promote digestion of proteins, fats, and carbs in the gastrointestinal tract. Promotes a healthy metabolism and slows down toxin creation and helps remove fat-soluble toxins.

**Coral Lecithin** is one of the most versatile supplements. Coral Lecithin is a source of natural phospholipids. It protects cell membranes from damage from toxins and improves the functioning of the liver - the body's most important filter.

**Coral Alfalfa** is a dietary supplement based on the leaf and concentrated juice of the alfalfa plant. It contains biologically active substances that improve overall health, stimulate the immune system, boost vitality, improve digestion, have a detoxifying effect.

**PentoKan** is a unique combination of potassium, vitamin C and ribose. Promotes effective regulation of intracellular metabolism, boosts energy levels.

DIRECTIONS	
 <b>MORNING</b>	<b>H-500</b> 1 capsule with a meal <b>Assimilator</b> 1 capsule with a meal <b>Coral Lecithin</b> 2 capsules with a meal <b>PentoKan</b> 1 tablet* with a meal (all days)
 <b>DAY</b>	<b>H-500</b> 1 capsule with a meal <b>Assimilator</b> 1 capsule with a meal <b>Coral Lecithin</b> 2 capsules with a meal <b>PentoKan</b> 1 tablet* with a meal (for the first 10 days)
 <b>EVENING</b>	<b>Assimilator</b> 1 capsule with a meal <b>Coral Alfalfa</b> 4 capsules 1 hour before bedtime (eubiotic dinner)

\* dissolved in 60 ml of water or juice

Place one unopened sachet of **Coral-Mine** into 1.5 L of water (bottled or filtered preferably). The water becomes ready for consumption within 5 minutes.

## CONTRAINDICATIONS

If pregnant or nursing, consult your health care practitioner before taking this product. This product is not intended to diagnose, treat, cure, or prevent any disease.

### GENERAL DIETARY GUIDELINES:

- eat a well-balanced diet rich in vitamins and minerals
- include fresh vegetables and fruits in your diet daily
- meals should be cooked in the oven, steamed or boiled
- eat natural dairy products without sugar
- limit the amount of sweets and sugary drinks
- limit intake of salt, salted, smoked and dried foods
- limit intake of black tea, coffee, and alcohol
- eat every 3 hours
- do not eat less than 2 hours before bed
- food should be at room temperature when consumed

### RECOMMENDED DAILY WATER INTAKE

Water does more than just quench your thirst and regulate your body's temperature; it also keeps the tissues in your body moist. Adequate water intake enables your body to excrete waste through perspiration, urination, and defecation. The kidneys and liver use it to help flush out waste, as do your intestines.

- It is recommended to drink a minimum of 1.5 L of water with Coral Mine every day.
- Average daily fluid intake for an adult is 30-40 mL per kg of weight.
- Aim to drink in 200-250 mL portions before meals and between meals. It is undesirable to drink while eating.