

## HERBAL PERFECT HEAVY METAL DETOX CLEANSE

Products Necessary for Heavy Metal Cleanse:

- HV-MET
- ICF #1 (As Needed)
- Herbal Perfect Superfood

### COMMON EXPERIENCES WITH TOXIN OVERLOAD

- Unexplained irritability
- Numbness and tingling in extremities
  - Unexplained chronic fatigue
    - Bloating feeling
    - Sudden anger
- Twitching of face and other muscles
  - Frequent heartburn
  - Excessive itching
    - Pain in joints
- Frequent periods of depression
  - Tachycardia
  - Insomnia
- Unexplained skin rashes
- Metallic taste in mouth
- Frequent ringing or noise in ear
  - Frequent leg cramps
- Constipation and/or diarrhea
  - Difficulty remembering
- Cold hands & feet, in warm weather
- Frequent urination during the night

This cleanse must be used in conjunction with the Herbal Perfect Nutritional Program.

HV-MET Tincture Recommendation: 1-2 droppers full 3 times daily or as directed by your Natural Health Practitioner.

Use entire bottle. (Must combine with a bite of apple or 1 ounce of unsweetened apple juice)