

**Nature's Harmony®**

## **4-Week Detox Plan**

**Full Dosing Guide – Mini Kit, Core Kit & Full Plan**

Trusted Since 1936 • Health Canada Approved • Herbal & Nutrient Support

## ■ Mini Kit Dosing Guide

### Nature's Harmony 4-Week Detoxification Plan - Mini Kit User Instructions

Welcome to Your 4-Week Detox Journey!

The Mini Kit offers essential liver and digestive support with Health Canada-approved supplements, tailored diet, exercise, and monitoring. Perfect for general wellness or mild digestive concerns, this holistic plan supports liver health and digestion worldwide.

#### What's Inside

- Milk Thistle Extract Formula (2 bottles, 90 capsules each): Supports liver function.
- Plant Enzymes (1 bottle, 90 capsules): Enhances digestion.
- Quest® Lifestage and Gender-Specific Daily One Multivitamins (1 bottle, 90 capsules): Boosts nutrition (choose: Her Daily One for women 19–50, Her Daily One 50+ for women 50+, His Daily One for men 19–50, His Daily One 50+ for men 50+).

#### 4-Week Dosing Schedule

Every Day (Weeks 1–4):

- Milk Thistle: 3 capsules twice daily with meals (morning, evening).
- Plant Enzymes: 1 capsule with breakfast and dinner.
- Quest® Multivitamins: 1 capsule daily with breakfast (based on your gender/age variant).

#### Lifestyle Tips

Maximize your detox with these holistic practices:

- Diet: Include vegetables (broccoli, kale), fruits (berries), whole grains (quinoa), lean proteins (chicken), and nuts (walnuts). Avoid alcohol, processed foods, high-mercury fish, sugar, and saturated fats. Budget for a liver-friendly diet (customer-managed, varies by shopping habits).
- Hydration: Drink 8–10 glasses of filtered water daily; add 1–2 cups herbal teas (e.g., dandelion, ginger).
- Exercise: Engage in 30–40 minutes of moderate activity (e.g., walking, yoga) 5 days/week.
- Stress Management: Practice 10–15 minutes of meditation or deep breathing daily.

#### Monitor Your Progress

- Track Symptoms: Use the symptom log at <https://naturesharmony.com> to record energy (1–10), bowel movements (frequency/day), bloating (Y/N), and side effects.
- Expected Results: Improved energy, digestion, and bowel movements by Week 4.
- Lab Tests (Optional): Consult a practitioner for liver function tests to monitor progress.

#### Safety Tips

- Avoid If: Pregnant, breastfeeding, or have bile duct obstruction, allergies, or certain medical conditions (e.g., hormone-sensitive conditions, hemochromatosis).
- Side Effects: Rare rash, bloating, or digestive upset (e.g., from Quest® iron). Stop if severe; contact a practitioner.
- Medication Spacing: Take supplements 2 hours apart from medications.

#### Get Support

- Visit <https://naturesharmony.com> for resources (dosing schedules, symptom logs, meal plans).
- Contact: [support@naturesharmony.com](mailto:support@naturesharmony.com)
- Connect with ambassadors for tips and inspiration.

Join the Nature's Harmony® community for a healthier you!

## ■ Core Kit Dosing Guide

### Nature's Harmony 4-Week Detoxification Plan - Core Kit User Instructions

Welcome to Your 4-Week Detox Journey!

The Core Kit delivers comprehensive detoxification and liver health support with Health Canada-approved supplements, tailored diet, exercise, and monitoring. Ideal for moderate toxin exposure or early-stage liver concerns, this holistic 4-week plan enhances liver function and digestion worldwide.

#### What's Inside

- Milk Thistle Extract Formula (2 bottles, 90 capsules each): Supports liver function.
- HM Dtox (1 bottle, 90 capsules): Supports heavy metal detoxification.
- Liv-Tox (1 bottle, 90 capsules): Enhances liver health.
- Plant Enzymes (1 bottle, 90 capsules): Improves digestion.

#### 4-Week Dosing Schedule

##### Week 1:

- Milk Thistle: 3 capsules twice daily with meals (morning, evening).
- Plant Enzymes: 1 capsule with breakfast and dinner.

##### Week 2:

- HM Dtox: Start 1 capsule twice daily with meals for 3 days, then 2 capsules twice daily if tolerated.
- Continue Milk Thistle and Plant Enzymes.

##### Week 3:

- Liv-Tox: 1 capsule daily with breakfast.
- Plant Enzymes: 1 capsule with breakfast, lunch, and dinner.
- Continue Milk Thistle and HM Dtox.

##### Week 4:

- Milk Thistle: Reduce to 3 capsules once daily (morning).
- HM Dtox: Reduce to 1 capsule twice daily for 3 days, then stop.
- Liv-Tox: Continue 1 capsule daily.
- Plant Enzymes: Continue 1 capsule with meals or reduce to 1–2 daily if digestion improves.

#### Lifestyle Tips

Maximize your detox with these holistic practices:

- Diet: Include vegetables (broccoli, kale), fruits (berries), whole grains (quinoa), lean proteins (chicken), and nuts (walnuts). Avoid alcohol, processed foods, high-mercury fish, sugar, and saturated fats. Budget for a liver-friendly diet (customer-managed, varies by shopping habits).
- Hydration: Drink 8–10 glasses of filtered water daily; add 1–2 cups herbal teas (e.g., dandelion, ginger).
- Exercise: Engage in 30–40 minutes of moderate activity (e.g., walking, yoga) 5 days/week.
- Stress Management: Practice 10–15 minutes of meditation or deep breathing daily.

#### Monitor Your Progress

- Track Symptoms: Use the symptom log at <https://naturesharmony.com> to record energy (1–10), bowel movements (frequency/day), bloating (Y/N), and side effects.
- Expected Results: Improved energy, digestion, and liver function by Week 4.
- Lab Tests: Consult a practitioner for liver function tests (recommended) to monitor progress.

#### Safety Tips

- Avoid If: Pregnant, breastfeeding, or have bile duct obstruction, allergies, or certain medical conditions (e.g., hormone-sensitive conditions, bile duct issues).
- Side Effects: Rare rash, bloating, or fatigue. Stop if severe; contact a practitioner.
- Medication Spacing: Take supplements 2 hours apart from medications.

#### Get Support

- Visit <https://naturesharmony.com> for resources (dosing schedules, symptom logs, meal plans).
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## ■ Full Plan Dosing Guide

### Nature's Harmony 4-Week Detoxification Plan - Full Plan User Instructions

Welcome to Your 4-Week Detox Journey!

The Full Plan provides maximum detoxification and liver health support with Health Canada-approved supplements, tailored diet, exercise, and monitoring. Designed for chronic liver conditions, high toxin exposure, or severe digestive issues, this holistic 4-week plan supports robust wellness worldwide.

#### What's Inside

- Milk Thistle Extract Formula (2 bottles, 90 capsules each): Supports liver function.
- HM Dtox (1 bottle, 90 capsules): Supports heavy metal detoxification.
- Liv-Tox (1 bottle, 90 capsules): Enhances liver health.
- Plant Enzymes (1 bottle, 90 capsules): Improves digestion.
- Stomach Ease (1 bottle, 100 tablets): Relieves constipation.
- Herbal Diuretic (1 bottle, 60 capsules): Reduces water retention.
- Quest® Lifestage and Gender-Specific Daily One Multivitamins (1 bottle, 90 capsules): Boosts nutrition (choose: Her Daily One for women 19–50, Her Daily One 50+ for women 50+, His Daily One for men 19–50, His Daily One 50+ for men 50+).

#### 4-Week Dosing Schedule

##### Week 1:

- Milk Thistle: 3 capsules twice daily with meals (morning, evening).
- Plant Enzymes: 1 capsule with breakfast and dinner.
- Stomach Ease: 1–2 tablets at bedtime, 2–3 times/week, if constipated (<3 bowel movements/week).
- Quest® Multivitamins: 1 capsule daily with breakfast (based on your gender/age variant).

##### Week 2:

- HM Dtox: Start 1 capsule twice daily with meals for 3 days, then 2 capsules twice daily if tolerated.
- Herbal Diuretic: 1 capsule daily with lunch for water retention (bloating, discomfort).
- Stomach Ease: Continue 1–2 tablets at bedtime, 2–3 times/week; stop after Week 2 unless advised.
- Continue Milk Thistle, Plant Enzymes, Quest® Multivitamins.

##### Week 3:

- Liv-Tox: 1 capsule daily with breakfast.
- Plant Enzymes: 1 capsule with breakfast, lunch, and dinner.
- Herbal Diuretic: Increase to 2 capsules daily with lunch if water retention persists; stop if resolved.
- Continue Milk Thistle, HM Dtox, Quest® Multivitamins.

##### Week 4:

- Milk Thistle: Reduce to 3 capsules once daily (morning).
- HM Dtox: Reduce to 1 capsule twice daily for 3 days, then stop.
- Liv-Tox: Continue 1 capsule daily.
- Plant Enzymes: Use 1 capsule with meals or reduce to 1–2 daily if digestion improves.
- Herbal Diuretic: Stop unless water retention persists (consult practitioner).
- Quest® Multivitamins: Continue 1 capsule daily or stop if diet is balanced.

#### Lifestyle Tips

Maximize your detox with these holistic practices:

- Diet: Include vegetables (broccoli, kale), fruits (berries), whole grains (quinoa), lean proteins (chicken), and nuts (walnuts). Avoid alcohol, processed foods, high-mercury fish, sugar, and cholesterol-rich foods. Budget for a liver-friendly diet (customer-managed, varies Sohn rights reserved).

- Hydration: Drink 8–10 glasses of filtered water daily; add 2–3 cups herbal teas (e.g., dandelion, ginger).
- Exercise: Engage in 30–40 minutes of moderate activity (e.g., walking, yoga) 5 days/week.
- Stress Management: Practice 10–15 minutes of meditation or deep breathing daily.

#### Monitor Your Progress

- Track Symptoms: Use the symptom log at <https://naturesharmony.com> to record energy (1–10), bowel movements (frequency/day), bloating (Y/N), water retention (Y/N), and side effects.
- Expected Results: Improved energy, digestion, reduced bloating, and liver health by Week 4.
- Lab Tests: Consult a practitioner for liver function tests (recommended) to monitor progress.

#### Safety Precautions

- Avoid If: Pregnant, breastfeeding, or have conditions like bile duct obstruction, allergies, kidney/liver disease, or intestinal obstruction.
- Side Effects: Rare rash, bloating, fatigue, diarrhea (Stomach Ease), or dizziness (Herbal Diuretic). Stop if severe; consult a practitioner.
- Medication Spacing: Take supplements 2 hours apart from medications to avoid interactions.

#### Get Support

- Visit <https://naturesharmony.com> for resources (dosing schedules, symptom logs, meal plans).
- Contact: [support@naturesharmony.com](mailto:support@naturesharmony.com)
- Connect with ambassadors for tips and inspiration.

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## ■ Support & Contact

### ■ Need Help?

If you have any questions about the detox plan or products, contact our support team.

■ Email: [naturesharmony@rxbalance.ca](mailto:naturesharmony@rxbalance.ca)

■ Website: [www.rxbalance.ca](http://www.rxbalance.ca)

■ For personalized advice, speak with your healthcare provider or naturopath.