

## **Nature's Harmony® 4-Week Detox Plan – Safety Instructions**

Our detox plans are designed for short-term support using safe, natural health products. However, please follow the guidelines below to ensure the best and safest experience.

### **1. Who Should NOT Use This Plan:**

- Pregnant or breastfeeding women
- Children under 18 years of age
- Anyone with liver or kidney disease, gallbladder disorders, or gastrointestinal ulcers
- Individuals currently undergoing chemotherapy or radiation
- Anyone allergic to herbal ingredients or any ingredient listed

### **2. Use with Medical Supervision If:**

- You are taking prescription medications
- You have a chronic condition such as diabetes, autoimmune disorders, or heart disease

### **3. Watch for Detox Reactions:**

Mild symptoms may occur such as headaches, fatigue, or temporary changes in bowel movements. If symptoms persist or worsen, stop use and consult a healthcare provider.

### **4. Hydration Is Essential:**

Drink 8–10 glasses of water daily to support toxin elimination.

### **5. When to Stop:**

Discontinue immediately if you experience signs of allergic reaction (rash, swelling, shortness of breath) or if instructed by your physician.

### **6. Storage & Shelf Life:**

Store all products in a cool, dry place. Keep out of reach of children.

### **Disclaimer:**

These products and statements are not intended to diagnose, treat, cure, or prevent any disease. Consult your physician before beginning any detox program.