

How to use the DeruMonne Program

During the first 5 days:

Morning:

- 1) Take 2 DeruClean capsules with a large glass of water on an empty stomach.
- 2) Wait 30 minutes, then take DeruMix. Add ½ scoop of DeruMix into at least 6 ounces of water a natural juice beverage of your choice.
- 3) Follow with a large glass of water.

DeruMix is the highest quality, best tasting fiber mix available. Take it with your choice of water, fruit juice or almond milk. (For a smoother, creamy texture, use a blender. Or add fruit for a different flavor.) Drink your fiber mix immediately after blending, because it thickens quickly as it sits.

During the day:

For optimal cleansing, consume at least 8 glasses of pure a day. This may be more that you normally drink, but it is very important for a successful cleanse. Without enough water, the fiber and herbs can cause constipation. You can drink fruit juices or herbal teas during the program if you like, but only as an addition to the 2-3 quarts of water daily.

Evening:

At bedtime, steep a bag of DeruTea in a cup of hot water for 1-2 minutes. In addition to helping with a nice restful sleep, DeruTea will help with digestion, proper elimination, and have a cleansing effect on the liver, kidneys and bowels. During the first few days, expect to feel a strong urge for a bowel movement in the morning with some possible cramping, especially during the first few days. The natural ingredients of DeruTea will cause mild contractions in the bowels, and stimulate healthy evacuations.

Take 2 DeruSupport probiotic capsules with water at least an hour after your last meal, or just before you go to bed. (It may be taken at the same time as DeruTea) DeruSupport helps add good bacteria to the digestive tract maintain a balance of 85% good and keep bad bacteria down to 15%.

Quick Schedule Instructions

		First 5 Days	Days 6-30	Days 31-60	Days 61-90
Morning	DeruClean	2 Capsules	3 Capsules	31–35: Skip Day 36 on: 3 capsules	61–65 Skip Day 66 on: 3 capsules
	DeruMix	½ Scoop	1 Scoop	1 Scoop	1 Scoop
Night	DeruTea	1 Cup at bedtime	1 Cup at bedtime	31–35: Skip Day 36 on: 1 Cup at bedtime	61–65 Skip Day 66 on: 1 Cup at bedtime
	DeruSupport	Immediately before going to bed 2 Capsules	Immediately before going to bed 2 Capsules	Immediately before going to bed 2 Capsules	Immediately before going to bed 2 Capsules
Plus at least 8 glasses of pure or filtered water during each day.					

* The measuring scoop sometimes settles to the bottom of the DeruMix. Because it may be buried you can retrieve it with a fork.

During days 6-30 (Or until a thorough cleanse is achieved, which could be up to 90 days.)

- 1) Take 3 DeruClean capsules in the morning on an empty stomach with a big glass of water.
- 2) Increase the amount of DeruMix to one full scoop
- 3) Increase the time to steep DeruTea to 3-6 minutes.
- 4) Drink at least 8 glasses of water per day.
- 5) Take 2 DeruSupport probiotic capsules with water at least an hour after your last meal, or just before you go to bed

Steep the DeruTea to your preference. The longer you steep, the stronger the tea in both taste and effect. For some, steeping for 1-2 minutes will stimulate your bowels in the morning. Others may need 6-8 minutes of steeping to achieve the desired results.

Days 31-60 (up to 90 days as needed)

Take a 5-day break from DeruClean capsules and the DeruTea every 30 days on the program. You can continue taking the DeruMix fiber and DeruSupport. After a 5-day break, take all four DeruMonne products.

Helpful hints: If your cleansing reaction is too weak, try increasing your daily water intake. Then, if needed, increase the DeruMix to 1-1/2 scoops and/or steep the tea longer. If your cleansing reaction is too strong, reduce the amount of DeruMix and make your DeruTea weaker by steeping for only 1-2 minutes.