



Bio
Cleanse

EFFECTIVE NATURAL HEALING

INSTRUCTION BOOKLET

ORGANIC
COLON DETOX

Probably the Best Colon Cleanse in the World

IMPORTANT

READ THIS ENTIRE DOCUMENT BEFORE YOU BEGIN YOUR CLEANSE

Reading this document is very important as the cleanse involves a period of lightening your food intake to some degree, which if done correctly, can be a health-giving and wonderful experience.

DISCLAIMER

PHYSICAL CONDITION

You should take this cleanse only if you are in general good health. DO NOT take this cleanse if you are severely ill or have an acute infection, or are recovering from severe illness or surgery. DO NOT take this cleanse if you have extreme weakness or extreme deficiencies. DO NOT take this cleanse if you have a condition that would interfere with you taking the cleanse properly: For example, if you have difficulty swallowing, if you have abdominal pain, abnormal narrowing of oesophagus or intestines, an acute inflammation of the gastrointestinal tract, bowel obstruction, diarrhoea, or vomiting, then do not take this cleanse. As ever, you should always consult with your healthcare practitioner.

PREGNANCY

You should not take this cleanse if you are pregnant, trying to get pregnant, or nursing. If you become pregnant while taking the cleanse, you should immediately stop the cleanse.

CONSTIPATION

This cleanse is not recommend if you are severely constipated. If you have one hard, compact bowel movement every 3 to 10 days, then DO NOT take this cleanse. Instead, we recommend that you take the Digest power for 1 month prior to starting the cleanse. Following that, we recommend you choose Option 2: Gentle Cleanse when you take the cleanse. After you have

finished the cleanse, you may immediately follow it with another cleanse, this time choosing the most powerful Option 1: Full Strength Cleanse.

MEDICATION

If you take oral medication more than once per day, it is recommended that you choose Option 2: Gentle Cleanse. The more intense schedule of Option 1: Full Strength Cleanse may interfere with the absorption of your medicine and reduce its efficacy. NOTE: If you are taking any prescribed medication, we recommend that you take it 1.5 hours between shakes -- that is, 1.5 hours after your previous shake and 1.5 hours before your next shake - to prevent it being absorbed by the Toxin Remover.

Congratulations on purchasing what we believe to be the best colon cleanse available today!

Our herbalists have carefully selected and blended only the best organic, wild crafted and chemical free ingredients to provide you with the most effective cleanse to assist you in removing toxins from your body, leaving you looking great and feeling amazing in just 9 days.

The Bio Colon Cleanse is an extremely effective way of removing built up toxic residues from the body. When a person consumes acid forming foods, the body reacts by secreting mucous to protect the digestive system. If an excess of these foods is consumed, over time the mucous becomes hard like rubber - and difficult to remove. The Digest power in this cleanse has been especially formulated to help soften this buildup - often referred to as mucoid plaque - while the Toxin Remover binds to and assists in eliminating mucoid plaque and toxins released from the body during the cleanse in a natural way through daily bowel movements.

This cleanse may also be considered a slimming aid as it will assist in returning your body to its natural weight. When the digestive system is not functioning efficiently, the body will not be able to eliminate toxins quickly enough, so they remain in the body and build up over time. The body attempts to reduce the effect of these toxins on the internal organs by storing them in body fat or diluting them through water retention. During the cleanse, as the toxins are released through the gentle stimulation of the

Digest power, and absorbed and eliminated with the Toxin Remover, you will find that body fat and water retention are reduced.

If you have trouble gaining weight and are too slim, it is also possible that your body is dealing with the toxins in a different way, yet your unbalanced digestion is not allowing adequate assimilation of nutrients, thus depriving the body of what it needs. A colon cleanse can also help in this case.

When the cleanse is completed, Probiotic capsules are taken in order to reintroduce friendly bacteria back into the bowel so as to restore your digestive system to its optimum condition.

This guide will give you all the instructions you need to perform the cleanse.

Thank you for purchasing the Bio Colon Cleanse and we wish you every success on your cleanse!

FULL CLEANSE - CALENDER SUMMARY

Day 1	Decrease food intake to 70% of usual. Take Digest Power 30 mins before dinner. Take a shake 2 hours later.
Day 2	Decrease food intake to 50% of usual. Take Digest Power 30 mins before dinner. Take a shake 2 hours later.
Day 3	Decrease food intake to 40% of usual. Take Digest Power 30 mins before dinner. Take a shake 2 hours later.
Day 4-8	Consume only juices, take 3-5 shakes per day, take Digest Power in evening 2 hours away from shakes.
Day 9	Introduce fresh fruit and salad. Take Digest Power 30 mins before evening meal, and a shake 2 hours after.

IMPORTANT

**READ THIS ENTIRE DOCUMENT
BEFORE YOU BEGIN YOUR CLEANSE**

Lighter Cleanse - Calender Summary

Day 1	Decrease food intake to 70% of usual. Take Digest Power 30 mins before dinner. Take a shake 2 hours later.
Day 2	Decrease food intake to 50% of usual. Take Digest Power 30 mins before dinner. Take a shake 2 hours later.
Day 3	Decrease food intake to 40% of usual. Take Digest Power 30 mins before dinner. Take a shake 2 hours later.
Day 4-14	Consume only alkaline forming food from list at end of this document, take 2-3 shakes per day, take Digest Power 30 mins before evening meal.
Day 15	Take Digest Power 30 mins before evening meal, and a shake 2 hours after. Can start to consume heavier vegan food.

IMPORTANT

**READ THIS ENTIRE DOCUMENT
BEFORE YOU BEGIN YOUR CLEANSE**

Conditions and medicines that may interact

with the Bio Colon Cleanse kit:

If you have any of the following conditions, or use the following medicines, please seek the advice of your doctor or herbalist before cleansing.

MEDICINES	CONDITIONS
<ul style="list-style-type: none"> • Anticoagulant Medicines • Antiplatelet Medicines • Antihypertensives • Aspirin • Corticosteroids • Diuretic Medicines • Heart Medicines • Insulin • Blocked Gallbladder/ Gallstones 	<ul style="list-style-type: none"> • Diabetes • Heart Disease • Hiatal Hernia • High Blood Pressure • Hypoglycemia • Hypokalemia • Kidney Disease • Liver Disease • Very constipated (take Herbal Cleanser capsules alone for a month as explained on page 4)

SPECIAL DIET

This cleanse is 100% organic and chemical free and is suitable for all including vegetarians, vegans, celiac, and lactose intolerant people.

* The instructions in this booklet have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

BIO CLEANSE KIT CONTENTS

The kit contains:

- 1 bottle containing 90 vegan capsules of Digest Power
- 1 bottle containing 300g (10.1 oz) Toxin Remover powder
- 1 bottle containing 30 vegan capsules of Probiotic
- Instruction booklet

The Digest Power capsules are taken to stimulate the bowel to eliminate wastes as quickly and efficiently as possible. It will also stimulate and assist other elimination organs such as the liver. The Digest Power will also soften mucoid plaque in your bowel and promote its release.

The Toxin Remover is a grey powder containing a perfectly balanced combination of bentonite clay, psyllium husks and ginger. The purpose of Toxin Remover is to absorb the toxins that are released during your cleanse when they enter into the bowel and thus prevent these toxins from re-entering your bloodstream. The Toxin Remover is also highly effective at binding to old mucous and removing it.

This mixture has extremely high absorptive properties: the total absorptive surface area of each serving of bentonite is over 1800 square feet! The Probiotic capsules are taken when the cleanse is completed in order to reintroduce friendly bacteria back into the bowel so that unfriendly kinds do not have a chance to develop.

RESEARCHED, TESTED & CERTIFIED

We believe in organic, that's why we use as much organic as possible in our products. We also test to confirm that they are free of things that you don't want to consume. The herbs are not just harvested, but harvested by professionals so they are picked at the peak of their potency, and dried naturally at low temperatures to retain their goodness.

The herbal formulae we sell are the result of years of research. We back them up with a money back guarantee - if you are not happy, we will refund you in full. Contact us via our website, just letting us know why you are not happy, so we can strive to improve our products further, and we'll promptly arrange your refund.

HOW TO MAKE A TOXIN REMOVER SHAKE

- 1 scoop (5.5cc or 1.3 teaspoons) Toxin Remover
- 200ml (7oz) apple juice * or pure water.

To make the shake, mix 1 scoop of Toxin Remover with 200ml (a large glass or 7oz) of 100% apple juice in a jar. Shake the mixture well and drink straight away.

- Drink 200ml (7oz) of pure water right after taking the shake.

It is very important to drink the glass of water because the Toxin Remover mixture will continue to expand in your stomach and intestines after you drink it. If you do not drink the glass of water, the mixture will absorb liquid from your body causing you to become dehydrated and making it difficult to have a smooth bowel movement later. You should be drinking 6 to 8 glasses of pure water daily while on the cleanse.

* For the apple juice, we recommend freshly-pressed apple juice made by juicing 100% organic apples. If you cannot get freshly-pressed juice, and must rely on store-bought juice, the best would be 100% organic apple juice.

DAILY BOWEL MOVEMENTS

During this cleanse, you will be taking Digest Power capsules every night to promote daily bowel movements. Even so, you may occasionally become constipated and find you need additional support to have a bowel movement. On these days, you can increase your Digest Power capsules. You should never go a whole day without at least one bowel movement.

CLEANSING CALENDAR

There are 3 stages to the cleanse:

STAGE 1: PRE CLEANSE

STAGE 2: MAIN CLEANSE

OPTION 1: FULL STRENGTH CLEANSE

This option will provide the most powerful cleansing effect.

OPTION 2: GENTLE CLEANSE

This option will provide the gentlest cleansing effect.

STAGE 3: POST CLEANSE

STAGE 1: PRE-CLEANSE

The purpose of the pre-cleanse is to gradually reduce your food intake over a period of 3 days to prepare your body for the main cleanse. This is also the time to determine the number of Digest Power capsules you should take to ensure regular bowel movements each day.

On each day of the pre-cleanse, decrease your food intake to the indicated amount. If you are still hungry, you can take extra fresh fruit and vegetable juices.

If your bowel is moving well after the 3 day pre-cleanse, then you are ready to start the main cleanse. Otherwise, extend the pre-cleanse period, increasing the number of Digest Power capsules you take by 1 each day, and continuing to take 1 shake at the end of the day until you are having at least 2 bowel movements per day.

Day 1

- **Decrease daily food intake to 70% of normal (so eat 30% less than usual)**
- 30 minutes before dinner (last big meal of the day) take 2 Digest Power capsules with water.
- 2 or more hours after dinner (last big meal of the day), and an hour before going to bed, take the Toxin Remover shake and follow it with water (must always follow with water).
- If you take prescribed medication, take it 1.5 hours between shakes – that is, 1.5 hours after your previous shake and 1.5 hours before your next shake – to prevent it being absorbed by the Toxin Remover.

Day 2

- **Decrease daily food intake to 50% of normal**
- If your bowel moves well today (2 or more times), 30 minutes before dinner (last big meal of the day), take the same number of Digest Power capsules with water as you did yesterday.
- If your bowel DID NOT move well today, you will need to increase the number of Digest Power capsule by one. So if yesterday you took 2 capsules, today you would take 3 capsules. 30 minutes before dinner (last big meal of the day) take the required number of Digest Power capsules with water.
- 2 or more hours after dinner (last big meal of the day), and an hour before going to bed, take the Toxin Remover shake and follow it with water (must always follow with water).
- If you take prescribed medication, take it 1.5 hours between shakes – that is, 1.5 hours after your previous shake and 1.5 hours before your next shake – to prevent it being absorbed by the Toxin Remover.

Day 3

- **Decrease daily food intake to 40% of normal**
- If your bowel moves well today (2 or more times), 30 minutes before dinner (last big meal of the day), take the same number of Digest Power capsules with water as you did yesterday.
- If your bowel DID NOT move well today, you will need to increase the number of Digest Power capsule by one. So if yesterday you took 2 capsules, today you would take 3 capsules. If yesterday you took 3 capsules, today you would take 4 capsules. 30 minutes before dinner (last big meal of the day) take the required number of Digest Power capsules with water.
- If your bowel DID move well today, the number of Digest Power capsules that you take today is the number that you should take each

day during the main cleanse to ensure that you continue to have regular bowel movements.

- 2 or more hours after dinner (last big meal of the day) take the Toxin Remover shake and follow it with water (must always follow with water).
- If you take prescribed medication, take it 1.5 hours between shakes - that is, 1.5 hours after your previous shake and 1.5 hours before your next shake - to prevent it being absorbed by the Toxin Remover.

Introduction

STAGE 2: MAIN CLEANSE

You have 2 options of how you may perform the main cleanse. Whichever way you choose you are sure to experience a profound change in your health.

OPTION 1: FULL STRENGTH CLEANSE

This option will provide the most powerful cleansing effect.

- 5 days of main cleanse, drinking only fresh fruit and vegetable juices, taking Digest Power capsules once a day, and taking 3 to 5 Toxin Remover shakes a day. Don't worry, you won't feel hungry. In fact, you'll feel great, and the Toxin Remover will take away your hunger.

Did you know that fasting triggers a cleansing process that affects every cell and tissue in the body? It eliminates dead and dying cells while stimulating generation of new cells. During a fast, toxic waste products that impair nourishment of cells are eliminated with restoration of normal metabolic rates and higher oxygenation of cells.

Ten percent of our caloric intake is ordinarily used for mastication, digestion, assimilation, and elimination. When we fast, this energy can be redirected toward improved immune function, elimination and new cell growth. Essentially, you are reversing the aging process. Your cleanse can be the first step in the transition from a toxic, acidic and low energy/vibration lifestyle to a clean, alkaline, high vibration lifestyle.

- During the pre-cleanse, you determined the number of Digest Power capsules you should take each day of the main cleanse. Make a note of it on page 24 as a reminder.
- During the main cleanse, you will be taking Toxin Remover shakes every three hours for a total of 3 to 5 times per day.

An example of this would be to take a shake at 8am, 11am, 2pm, 5pm, & 8pm.

- The first shake should be consumed immediately upon rising. What is important is that you take at least 3 shakes a day and they are at least 2-3 hours apart. 3 hours apart if you want additional juice, and have it in the middle of the time gap.
- If you forget to take a shake, it's okay. You can take it as soon as you remember it, but then keep to the original schedule and drink your next shake at the originally scheduled time.
- No food should be consumed during the 5 day period of the main cleanse.
- 100% fruit and vegetable juices and supergreens are okay to take (always take at least 1.5 hours between shakes - that is, 1.5 hours after your previous shake and 1.5 hours before your next shake - so they don't get absorbed.). Drink plenty of pure water.
- If you take prescribed medication, take it 1.5 hours between shakes - that is, 1.5 hours after your previous shake and 1.5 hours before your next shake - to prevent it being absorbed by the Toxin Remover.

Days 4-8 Full Strength Cleanse

Number of Digest Power capsules to take: _____

- Consume 3 to 5 Toxin Remover shakes a day, at least 2-3 hours apart, each one followed by a glass of pure water.
- 2 or more hours after your last shake, and an hour before going to bed, take your Digest Power capsules.
- If your bowel DID NOT move well today, increase the number of Digest Power capsules by 1 and make a note of your new number above.

- If loose stomach develops, decrease the number of Digest Power capsules you take by 1 and make a note of your new number above.

Option 2: Gentle Cleanse

This option will provide the gentlest cleansing effect.

- 10 or more days of main cleanse, taking Digest Power capsules once a day, taking 2 or 3 Toxin Remover shakes a day, and eating healthy alkaline-forming vegan food from the chart at the end of this guide.

The main colon cleanse can be performed without the need to abstain from food. Although abstaining from food and maintaining a juice diet while fasting is the most effective method, and most people can complete it, there is also another way to cleanse. That is by doing it a little slower, over a longer period of time, and by eating a lighter, healthier diet. This is a good option for those who are looking for general improvement of their digestive system. This program takes 14 or more days while eating healthy alkaline-forming food.

- During the pre-cleanse, you determined the number of Digest Power capsules you should take each day of the main cleanse. Make a note of it on page 28 as a reminder.
- During the main cleanse, you will be taking 2 or 3 Toxin Remover shakes a day and eating healthy alkaline-forming food from the chart at the end of this guide.
- If you forget to take a shake, it's okay. You can take it as soon as you remember it, but then keep to the original schedule and drink your next shake at the originally scheduled time.
- Take Toxin Remover shakes at least 2 hours between meals – that is, at least 2 hours after you last ate and 2 hours before you next eat.
- Take a shake first thing in the morning and one 30 minutes before bed.
- You can continue the cleanse until you run out of Digest Power capsules or Toxin Remover.

- If you take prescribed medication, take it 1.5 hours between shakes – that is, 1.5 hours after your previous shake and 1.5 hours before your next shake – to prevent it being absorbed by the Toxin Remover.

An example schedule incorporating 3 times a day medication would be:

Toxin Remover shake at 8am
Medication at 9:30am
Eat healthy snack at 10am
Eat lunch at 2pm

Toxin Remover shake at 4pm
Medication at 6pm
Digest Power capsules at 6:30pm
Eat dinner at 7:00pm

Toxin Remover shake at 8:30pm
Medication at 10pm
Go to bed at 11:30pm

Option 2: Gentle Cleanse Days 4-14

Number of Digest Power capsules to take: _____

- Every day of Gentle Cleanse consume 2 to 3 Toxin Remover shakes a day, at least 3 hours apart, each one followed by a glass of pure water.
- 30 minutes before your last meal of the day, take your Digest Power capsules.
- If your bowel DID NOT move well today, increase the number of Digest Power capsules by 1 and make a note of your new number above.
- If loose stomach develops, decrease the number of Digest Power capsules you take by 1 and make a note of your new number above.

STAGE 3: POST-CLEANSE

After the main cleanse, you may still have some Toxin Remover and Digest Power capsules remaining. If you like, you may continue the main cleanse until all supplies are used up. Or you may choose to stop today.

The idea is to gradually introduce solid food back into your diet. If you were to reintroduce solid food too quickly, you may not feel well as the body needs to ease back into eating.

Days 9-10: Full Cleanse

Days 15-16: Gentle Cleanse

- Eat only fresh fruit today and the next day. After that, you can introduce light foods that are easy to digest, such as salad.
- Continue to take Digest Power capsules 30 minutes before dinner (last big meal of the day), decreasing by 1 per day.
- Also take 1 Probiotic capsule 1 hour after dinner (last big meal of the day) until gone.

Day 11+: Full Cleanse

Days 17+: Gentle Cleanse

- After this 2 days of 'breaking the fast' you can start to eat more heavy food, but consuming mostly alkaline forming foods from the chart included at the back of this guide is highly recommended.
- Sit ups or stomach exercises can help strengthen stomach muscles and colon and aid in helping the bowel move.
- Now that you have put time and effort into improving your digestive system, we highly recommend that you eat a vegan diet consisting of either 100% alkaline forming foods, or 20% vegan acid forming, and 80% alkaline forming. Your body will thank you for it.

CONGRATULATIONS!
YOU HAVE COMPLETED YOUR COLON CLEANSE.

QUESTIONS AND ANSWERS

Will doing the cleanse disturb my work day or my daily routine? Will I have to be in the bathroom a lot?

You will find that you will be going to the bathroom more often, but it will not be overwhelming, just a natural bowel movement. The Digest Power has been formulated to act gently, and in harmony with your body. You will find it fast, easy, and comfortable to have three or more bowel movements a day.

Should I drink more water and juice between the shakes?

Yes, most certainly. If you are hungry, the best time to consume anything you want to 'absorb' is 1.5 hours after your previous shake and 1.5 hours before your next shake. We recommend taking a green superfood with juice. It will help to alkalize the body and ease the cleansing process. Any green superfood mix such as wheat grass, barley grass etc is good. Please make sure it is organic and has no fillers such as soy lecithin. Drinking extra water at any time also helps a lot.

When will I start to see mucoid plaque coming out?

Most people report seeing mucoid plaque on the second or third day. This is because the colon takes time to empty of solid food and begin the deeper level of cleansing. After the 5 days of the main cleanse is complete, you may choose to do an additional five days of liquids-only fasting, for a total of 10 days main cleanse, even after the cleanse products run out. You may also choose to buy 2 cleanses and do them together. Many people who have done this have found the most mucoid plaque actually comes out on days six to nine.

How will I feel while I am doing the cleanse?

Each person feels different when they cleanse. Some people feel very energetic and more alive while cleansing; others not until after they have completed their cleanse. It is also possible to alternate between feeling great and not so great.

Sometimes there may be discomforts, which are called cleansing reactions, which are a sign that your body is releasing a lot of toxins. If the body is ready, some people may even experience a deep cleansing reaction. This can happen during the cleanse, but more likely will occur sometime later when you have built up your strength. All these experiences are the body's wisdom at work focusing on the areas that need to reach optimal health. Any discomforts of cleansing are only temporary, and always lead to more energy, vitality, and renewed health.

Can I exercise while doing the Bio Colon Cleanse?

If you are feeling well and strong, exercise is okay, but do not push yourself hard. For example, walking is great, but weight lifting is not a good idea.

What is a liquids-only diet?

A liquids-only diet consists of liquids that are clear and filtered. A liquids-only diet allows the Toxin Remover to easily bind to the surface of your bowels without the interference of any solid food covering the bowels surface.

Do not take solid foods or even solid foods that have been liquefied or blended.

The recommended liquids are: pure water, strained herbal tea, strained organic apple juice and strained organic vegetable broth.

It is best to make your own fresh apple juice from organic, raw apples using a juicer. Juice in bottles or packages has been through a high heat which destroys good enzymes, life force and many vitamins. Still, bottled 100% fruit juice is all right to use if that is all that is available to you. Since it is not possible to juice your apples ahead of time to take with you to work or on the go - the juice oxidizes and turns brown within minutes - a possible solution is to take fresh juice whenever you are home, and bottled/packaged juice whenever you leave home and are out and about.

If bottled/packaged juice is all that is available to you, it is better to cleanse with that than to not cleanse at all. Just be sure to avoid concentrated powders or bottled juice that only has a partial fruit juice

content, contains sugar and/or other additives and is not organically grown.

Will I be hungry?

Taking the Toxin Remover 3 to 5 times a day will greatly reduce your hunger. Also, you can have fresh fruit and vegetable juices, organic vegetable soup broth, green superfood or more apple juice if you need a little extra energy. Most people report they do not feel hungry during the cleanse.

I need to take more than 4 Digest Power capsules to have 2 or more daily bowel movements. Is that okay?

Yes it is okay, because you have discovered what your body needs. The average dose is 1 to 3 capsules for people who naturally have frequent bowel movements. Those with severe constipation – that is, they usually only go once a week – will find they may need upwards of 10 or more capsules a day. The number that works for you, no matter how many or how few, is the correct number.

How much caffeine can I have while cleansing?

It is highly recommended to consume none. Caffeine is toxic in the body and over stimulates the kidneys, adrenal glands and heart. Caffeine is addictive and if you are experiencing withdrawal symptoms while cleansing we recommend taking 1 cup of black tea a day as necessary with a natural sweetener such as stevia or maple syrup.

Is there anything I should do after the cleanse?

Yes. Maintaining a vegan diet that incorporates as many alkaline forming foods as possible is the best thing you can do. See the chart at the end of this guide for a list of suitable alkaline-forming foods.

How often should I do the Bio Colon Cleanse?

This is best answered by listening to your body. But, in general, once every 2 to 3 months in the first year, and once every six months thereafter.

If you have a question that has not been answered above, please email questions@theBioCleanse.com or visit www.theBioCleanse.com for more information.

<p>ACID-FORMING FOODS (heavy on the body-DO NOT CONSUME ON CLEANSE)</p>	<p>ALKALINE-FORMING FOODS (consume freely-light and cleansing)</p>
<p>Alcohol Coffee Processed milks (soy, rice, almond, oatmeal) Soft drinks Tea (except herbal, caffeine free tea) All processed foods with wheat or “white” flour All Bread Cake Chocolate Salt Black pepper Sugar Bottled salad dressings Canned and frozen food Cigarettes Cooked grains, except Millet and Quinoa Dairy (butter, cheese, ice cream, milk, etc.) Distilled vinegar Eggs Foods cooked with oils Fruits that have been glazed or sulfured Meat, fish, birds, shellfish Nuts, seeds and legumes Pasta Popcorn Processed cereals Soda crackers Tofu and soy products Complaining</p>	<p>Fresh, raw juice Herbal Teas — no caffeine. All fresh fruits All Dried fruits (without sulphur dioxide and preservatives) Dates Dried apricots Dried figs Grapefruit — Do not mix with any other foods. Melons — Do not mix with any other foods. Raisins Fresh or dried seasoning herbs Maple Syrup, organic Molasses All raw vegetables All salad greens All sprouts — grains, beans, seeds, nuts Apple cider vinegar (raw) Dulse Millet Lima Beans Potatoes Quinoa Raw, cold-pressed, organic olive oil Raw, cold-pressed, organic flax seed oil Fun, Appreciation and Joy * Studies have shown that organically grown produce has as much as 300% more minerals and total nutrition than commercially grown non-organic produce.</p>

