

coralclub

# Coral Detox

## Directions for use

**Coral Detox** is a combination of products that help to detoxify the organism. This is complex approach that promotes a natural flushing out of various toxins in the body, cell health and overall health and vitality for many years to come.

### PROPERTIES:

- protects against oxidative stress
- improves digestion
- boosts energy
- promotes longevity

### SET INCLUDES:

- Coral-Mine (30 sachets)
- H-500 (60 capsules)
- Assimilator (90 capsules)
- Coral Lecithin (120 capsules)




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**Coral-Mine** is a product from Japan made of deep-sea coral (scleractinians) collected in the Sea of Japan, near the islands of Okinawa and Tokunoshima. It also contains calcium, magnesium, potassium, iron, phosphorus, sulfur, silicon, chromium, manganese, zinc and other minerals. A sachet placed in water enriches it with beneficial minerals, restores water-salt balance. Coral-Mine helps remove water-soluble toxins.

**Assimilator** is a product based on digestive enzymes to improve digestion and boost immunity. It contributes major body's own digestive enzymes that promote digestion of proteins, fats, and carbs in the gastrointestinal tract. Promotes a healthy metabolism and slows down toxin creation and helps remove fat-soluble toxins.

**H-500** is a powerful antioxidant that helps fight toxins. H-500 prevents the ravages of free radicals and boosts energy by stimulating cellular energy output. Supports the immune system and protects the body against free radicals.

**Coral Lecithin** is one of the most versatile supplements. Coral Lecithin is a source of natural phospholipids. It protects cell membranes from damage from toxins and improves the functioning of the liver - the body's most important filter.

DIRECTIONS	
 <b>MORNING</b>	<b>H-500</b> 1 capsule with a meal <b>Assimilator</b> 1 capsule with a meal <b>Coral Lecithin</b> 2 capsules with a meal
 <b>DAY</b>	<b>H-500</b> 1 capsule with a meal <b>Assimilator</b> 1 capsule with a meal <b>Coral Lecithin</b> 2 capsules with a meal
 <b>EVENING</b>	<b>Assimilator</b> 1 capsule with a meal

**Coral-Mine:** place one unopened sachet of Coral Mine into 1.5 L of water (bottled or filtered preferably). The water becomes ready for consumption within 5 minutes.

## CONTRAINDICATIONS

If pregnant or nursing, consult your health care practitioner before taking this product. This product is not intended to diagnose, treat, cure, or prevent any disease.

### GENERAL DIETARY GUIDELINES:

- eat a well-balanced diet rich in vitamins and minerals
- include fresh vegetables and fruits in your diet daily
- meals should be cooked in the oven, steamed or boiled
- eat natural dairy products without sugar
- limit the amount of sweets and sugary drinks
- limit intake of salt, salted, smoked and dried foods
- limit intake of black tea, coffee, and alcohol
- eat every 3 hours
- do not eat less than 2 hours before bed
- food should be at room temperature when consumed

### RECOMMENDED DAILY WATER INTAKE:

Water does more than just quench your thirst and regulate your body's temperature; it also keeps the tissues in your body moist. Adequate water intake enables your body to excrete waste through perspiration, urination, and defecation. The kidneys and liver use it to help flush out waste, as do your intestines.

- It is recommended to drink a minimum of 1.5 L of water with Coral Mine every day.
- Average daily fluid intake for an adult is 30–40 mL per kg of weight.
- Aim to drink in 200–250 mL portions before meals and between meals. It is undesirable to drink while eating.