

Achieving Optimum Results with B-Clear, Ultramask, Stat Flush etc

- Avoid all “**toxins**” for 72 hours prior to using B-Clear.
- Avoid alcohol and caffeine for 72 hours prior to using B-Clear, this includes:
 - All alcohol
 - All Caffeine ie: Tea, coffee, iced coffee, cola drinks (Coke, Pepsi etc) and energy drinks (Red Bull, Mother’s etc)
- Do not consume any other “Cleansers” or “Detoxifiers”, this includes:
 - Urinary alkalisers ie: Urals etc.
 - Herbal cleansers ie: Golden Seal, Milk thistle, Chlorophyll etc.
 - Detox products, Liver cleansers, Cranberry juice etc.
 - Over the counter (non-prescription) medications
- In the days prior to using B-Clear, drink plenty of water to increase your hydration and help reduce your body’s toxin levels. Approximately one glass of water per hour throughout the day will keep you correctly hydrated. Do not over-hydrate.
- In the 24 hours prior to the test avoid strenuous exercise, hot tubs and saunas.
- The manufacturer recommends taking **both** the B-Clear One hour liquid formula **and** the Stat-flush capsules if:
 - You are over 100kg’s in weight
 - There will be less than 3 days (72hrs) between your last consumption of “**toxins**” and your test.
 - You have extremely high toxin levels (smoke 3 times per week or more)
- When using both products, the B-Clear liquid should be consumed 45 minutes after consuming the Stat Flush capsules.
- You must wait for a minimum of one hour after consuming the B-Clear liquid before giving your test sample. B-Clear is most effective 1 to 4 hours after consumption.

B-Clear Instructions:

- Shake bottle thoroughly then drink entire contents of bottle. (*drink it, don’t sip it*)
- 15 minutes later refill empty bottle with water, shake and drink. (*after drinking the bottle of water do not consume anymore liquids until after your test sample has been given.*)
- Over the next 45 minutes you must urinate at least 2 to 3 times before giving a test sample.
- One hour after consuming B-Clear you can give your test sample. (*1.5 hours is optimum*)

Example Time Schedule if using B-Clear liquid **and** Stat-flush capsules:

- 7.15am Take capsules as per instructions (inside bottle), wait 45 minutes.
- 8.00am Take B-Clear liquid as per instructions above.
- 9.00am O.K. to give test sample (*but around 9.30am would be the optimum time*)

Please Note: If you believe you are **well hydrated** and will be taking **both** the B-Clear liquid and Stat-flush caps, then it is recommended that the amount of water consumed with the capsules is reduced from the 1 litre stipulated in the Stat Flush instructions, to about 600ml.