

Colon Flush Checksheet					
Times are picked to show relative spacing, use the time of day that best suits youdaydaydaydayday
In the Morning 8am					
Shultze Int. #2 mix 1 rounded tsp. in 8 oz water / juice and shake follow with 8 more oz. water					
11am					
Shultze Int. #2 mix 1 rounded tsp. in 8 oz water / juice and shake follow with 8 more oz. water					
Afternoon 2pm					
Shultze Int. #2 mix 1 rounded tsp. in 8 oz water / juice and shake follow with 8 more oz. water					
5pm					
Shultze Int. #2 mix 1 rounded tsp. in 8 oz water / juice and shake follow with 8 more oz. water					
Evening 8pm					
Shultze Int. #2 mix 1 rounded tsp. in 8 oz water / juice and shake follow with 8 more oz. water					
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