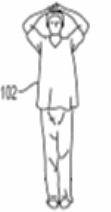

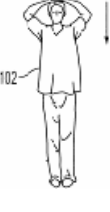














Follow Steps 1 to 8 and keep repeating these steps until you have clear bowel movement.						
Step 1	Drink 1-2 glasses, 8 Oz (240ml) each, of the prepared solution. Drink continuously rather than sipping.					
Step 2 Upward Stretch	Get Ready	Inhale		Exhale	Repeat	
	 <p>Hands: Interlace fingers, hands on head, palm facing up Feet: Feet together, stand erect.</p>	 <p>Hands: Stretch upwards. Feet: Stand on toes stretch up.</p>		 <p>Return to ready position</p>	The Upward Stretch ten times	
	 <p>Hands: Interlace fingers, stretch arms upwards, Palms facing up. Feet: 1-2 feet apart</p>	 <p>Hands: Bend both arms to right. Feet: 1-2 feet apart</p>	Return to ready position	 <p>Hands: Bend both arms to left. Feet: 1-2 feet apart</p>	The Side Stretch five times on right and five times on left.	
Step 4	Drink 1-2 glasses, 8 Oz (240ml) each, of the prepared solution. Drink continuously rather than sipping.					
	 <p>Hands: Stretch arms, palm facing downwards. Feet: : 1-2 feet apart</p>	 <p>Hands: Left hand on right shoulder and right hand on small of back, palm facing out. Rotate your upper body towards the right. Try to see your left heel. Feet: 1-2 feet apart</p>	Return to ready position	 <p>Hands: Right hand on left shoulder and left hand on small of back, Palm facing out. Rotate your upper body towards the left. Try to see your right heel. Feet: 1-2 feet apart.</p>	The Twist Stretch five times on right and five times on left.	
	 <p>Hands: Lie down on stomach, raise your body. Feet: 1-2 feet apart</p>	 <p>Hands: Twist towards the right turning your head to the right until you see the heels. Feet: 1-2 feet apart</p>	Return to ready position	 <p>Hands: Twist towards the left turning your head to the left until you see the heels. Feet: 1-2 feet apart</p>	The Push up Stretch five times on right and five times on left.	
Step 7	Drink 1-2 glasses, 8 Oz (240ml) each, of the prepared solution. Drink continuously rather than sipping.					
	 <p>Feet: Squat on 1 foot apart. Hands: Palm on knees</p>	 <p>Feet: Touch right knee to left toe Hands: Palm on knees</p>	Return to ready position.	 <p>Feet: Touch left knee to right toe Hands: Palm on knees</p>	The Squatting Stretch five times on right and five times on left.	

At any point if you have an urge to defecate, go to the toilet but do not strain

Supplement 1. Shudh™ Colon Cleanse Instructions