

# Full Moon Kit



Beginner

	Wake-up	Morning	Noon	Night	Bedtime
Mimosa Pudica Seed	2 ☼				2 ☼
Formula 1	2 ☼				2 ☼
Formula 2		10 💧	10 💧	10 💧	
BioActive Carbon® BioTox		2 ☼		2 ☼	

Intermediate

	Wake-up	Morning	Noon	Night	Bedtime
Mimosa Pudica Seed	4 ☼				4 ☼
Formula 1	4 ☼				4 ☼
Formula 2		20 💧	20 💧	20 💧	
BioActive Carbon® BioTox		4 ☼		4 ☼	

Advanced

	Wake-up	Morning	Noon	Night	Bedtime
Mimosa Pudica Seed	6 ☼				6 ☼
Formula 1	6 ☼				6 ☼
Formula 2		40 💧	40 💧	40 💧	
BioActive Carbon® BioTox		6 ☼		6 ☼	

# Full Moon Challenge

## Why cleanse during a full moon?

The full moon is one of the best times to cleanse and increase your gut and immune system support. This is because your melatonin levels naturally drop from the brightness of the moon, which can hinder immunity and aggravate existing conditions.

Mimosa Pudica Seed, black walnut, clove, holy basil, and neem team up to support intestinal health, bolster immune system health, and encourage the removal of unwanted elements during a full moon.

There are 13 full moons every calendar year, which means 13 opportunities to take control of your health and experience greater levels of well-being.



### New to the Full Moon Challenge

If you're new to the challenge, always start with the beginner dosing and 3-day length. Jumping into higher doses for longer periods of time right away may cause or worsen undesirable symptoms.

It is recommended to do at least one round of beginner dosing at the 3-day length before increasing to the intermediate or advanced dosing and the 5 or 7-day length. Return to your regular dosing after you've completed the challenge.



### Always listen to your body

These recommendations are guidelines only.

If you've already completed a few rounds of the Full Moon Challenge, feel free to modify the dosing based on your body's needs.

You can mix and match dosing and lengths. For example, you can do the beginner dosing with the advanced length (7 days). Or you can do the advanced dosing with the beginner length (3 days).



### Don't forget about drainage

It's crucial that all of your body's elimination pathways are open and functioning optimally before starting a cleansing protocol.

During the challenge, it's recommended to continue taking lymphatic or intestinal moving herbs. This gives unwanted elements a clear exit out of your system.

Important: Always pay attention to your digestion, energy levels, mood, and how you feel overall. If you experience discomfort while taking these products, please contact us to speak with our Naturopaths. Our team will help you better understand how to adjust your dosing.



### Choose your challenge length

You can do the Full Moon Challenge for 3, 5, or 7 days.

Choose from beginner, intermediate, or advanced dosing for each length of time.

	3 days before	2 days before	1 day before	Full Moon	1 day after	2 days after	3 days after
Beginner							
Intermediate							
Advanced							