

C60: 10 Day Detox Protocol

C60 Olive Oil: Days 1- 3

45ml a day (15ml, 3 times a day) for 3 days: At these times 10am, 3pm and then the last one just before you go to sleep with a glass of water. No food at least an hour on either side of taking your 15 ml doses. Swish throughout your mouth for at least 20 seconds before swallowing.

If you can fast for the first three days, please do so under the support of your practitioner. Or try to limit your food intake, avoiding processed foods, sugar etc. Can be water fast, broth fast, or liquid mineral fast.

I only ate my evening meal and drank strained miso soup twice during the day for the first three days.

C60 Olive Oil: Days 4-7

30ml a day (15ml, 2 times a day) for 7 days. At these times: 10am and just before you go to sleep with a glass of water. No food at least an hour on either side of taking your 15 ml doses. Swish throughout your mouth for at least 20 seconds before swallowing.

C60 Olive Oil: Maintenance

An optional maintenance dose of 3 – 5ml per day (body weight dependent) of C60 OO can be taken for an extended period or continuously after the 10-day protocol is completed.