be:liver · 24 h protocol

bionobo®

# be:liver

## The liver and gallbladder cleanse *in 24 hours*

Everything you need to prepare for it, carry it out and integrate what comes after.

USER GUIDE · 2026 EDITION
DETOX KIT · FERMENTED ENZYMES

summary · the cleanse day

# The 24-hour *protocol*

During the 24 hours of the cleanse you will only take the enzymes in the kit, formulated with nourishing ingredients that keep hunger at bay. For what happens between doses, see the detailed schedules (pp. 17–21).

From 09:00 to 18:00 and the next morning, each dose is mixed in the shaker with **warm water** (35–40 °C), followed by **250 ml of warm water every 30 minutes**. The 21:30 flush has **no water**: shake very, very well, drink it in one go, then to bed.

ALARMS IN ONE TAP · HOW TO USE IT: P. 15

## Activate the alarms on your phone

iPhone · Clock alarms | Android · Calendar alerts

| | TIME | warm water 200-250 ml | be:smooth 4 sachets | be:zyme 6 sachets | be:vital 6 × 30 ml | be:nourish 2 sachets | be:balance + be:nova 2 × 120 ml |
|---|---|---|---|---|---|---|---|
| Morning 09:00 - 12:00 | 09:00 | **200 ml** | + be:smooth | • | • | • | • |
| | 09:30 | 250 ml of warm water · again at 10:30 and 11:30 | | | | | |
| | 10:00 | 250 ml | + be:smooth | + be:zyme | • | • | • |
| | 11:00 | 250 ml | • | + be:zyme | • | • | • |
| | 12:00 | 250 ml | • | + be:zyme | • | • | • |
| Afternoon 12:30 - 17:30 | 12:30 | 250 ml of warm water · again at 13:30, 14:30, 16:30 and 17:30 | | | | | |
| | 13:00 | 250 ml | • | • | + be:vital | • | • |
| | 14:00 | 250 ml | • | + be:zyme | • | • | • |
| | 15:00 | 250 ml | + be:smooth | • | • | • | • |
| | 15:30 | **200 ml** | • | • | • | + be:nourish | • |
| | 16:00 | 250 ml | • | + be:zyme | • | • | • |
| | 17:00 | 250 ml | • | + be:zyme | • | • | • |
| Night 18:00 - 21:35 | 18:00 | 250 ml | • | • | + be:vital | • | • |
| | 18:30 | Rest until 21:00 · 250 ml of warm water every 30 minutes | | | | | |
| | 21:30 | LAST DOSE · THE FLUSH · NO WATER | | | | | together |
| | | Standing by the bed: both bottles in the tightly closed shaker, shake for a full minute and drink it all at once | | | | | |
| | 21:35 | Go to sleep straight away · lie on your right side for 45 minutes | | | | | |
| Next day | 06:00 | 250 ml | + be:smooth | • | • | • | • |
| | 07:00 | 250 ml | • | • | • | + be:nourish | • |

**The next 4 days** × 4 — **1 bottle of be:vital a day** for the 4 days after the cleanse, as a maintenance phase that supports the body's detoxification and balance

| | | | | |
|---|---|---|---|---|
| 4 be:smooth sachets 09:00 · 10:00 · 15:00 and 06:00 | 6 be:zyme sachets from 10:00 to 17:00 | 6 be:vital · 30 ml 13:00 and 18:00 + 4 days after | 2 be:nourish sachets 15:30 and 07:00 | 2 be:balance + be:nova together, at 21:30 |

**All in a single day**, stress-free. If you find it hard, you can space out the sachets; be:balance + be:nova about 3–5 h after the last one.

be:liver · user guide

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hola@bionobo.com · bionobo.ae

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17 *to begin your detox*

That is where the dose-by-dose schedule begins: the first one, at 09:00.

everything you need

# What's inside *each kit?*

A shaker and six fermented-enzyme formulas. Every dose has its own product and its own time; four of the six be:vital bottles are for the 4 days that follow. Besides the kit, you will need a thermometer and an enema bag (p. 11).

1 FOR MIXING
## shaker
350 ml

Shake each dose hard and drink it straight away: the mix thickens if left to stand.

4 THE FIRST DOSE
## be:smooth
sachets · 5 g

09:00, 10:00 and 15:00, and at 06:00 the next morning.

6 SIX DOSES
## be:zyme
sachets · 10 g

10:00, 11:00, 12:00, 14:00, 16:00 and 17:00.

6 THE DAY AND AFTER
## be:vital
bottles · 30 ml

13:00 and 18:00. The other 4, one a day for the next 4 days.

2 AFTERNOON AND MORNING
## be:nourish
sachets · 8 g

15:30, with 200 ml of water, and 07:00 the next morning.

1+1 THE FINAL DOSE
## be:balance + be:nova
bottles · 120 ml

Together in the shaker at 21:30, standing by the bed: the flush.

### anatomy of a dose

From 09:00 to 18:00 and the next morning

**200-250 ml warm water** — 35-40 °C · type of water: p. 14 +
**The product for that hour** — a sachet or a be:vital bottle →
**Shake hard** — in the shaker, vigorously →
**Drink straight away** — it thickens if it stands →
**Water every 30 min** — 250 ml, never above 40 °C

self-assessment

# Am I ready *to do a detox?*

**Degree of accumulated toxicity.** This table will help you assess your toxicity level, adjust your habits and optimise the detox process to achieve better results.

1. **Where are you today?** Read each row and mark the description closest to you.
2. **Your level** The column with the most marks is your degree of toxicity.
3. **What to do at your level** Follow the preparation plan in that same column.

| 1 This is you if… | LEVEL 1 Low toxicity | LEVEL 2 Medium toxicity | LEVEL 3 High toxicity |
|---|---|---|---|
| INTESTINAL HEALTH | No severe adverse symptoms, allergies, gas, etc. | Stomach acidity, diarrhoea, constipation and similar discomforts. | SIBO, dysbiosis, candidiasis, intestinal parasites, etc. |
| NUTRITION | Organic food, experience with fasting and diets. | Non-organic food, pesticides, hormones, antibiotics, no previous diets or fasting. | Consumption of processed foods, alcohol, tobacco, coffee, sugar, pesticides, hormones, antibiotics, etc. |
| ENERGY LEVELS | No chronic fatigue. | Mild chronic fatigue. | Severe chronic fatigue. |
| PHYSICAL CONDITION | Daily physical activity. | A lifestyle with little physical activity. | Sedentary lifestyle, no physical activity. |
| 3 What to do | ↓ YOUR PLAN | ↓ YOUR PLAN | ↓ YOUR PLAN |
| PREPARATION TIME (1 box = 1 day) | 1–3 days before | 3–5 days before | 2 weeks before |
| PRE-CLEANSE DIET | Avoid heavy processed foods, meats, legumes and nuts. | Cut down on coffee and gluten day by day, as far as you can. | Gradually eliminate toxic substances such as alcohol, tobacco, processed foods, sugar… |
| HABITS | Incorporate raw vegetable juices and products rich in digestive enzymes. | Choose organic products free from pesticides, antibiotics and hormones. | Adopt healthy habits such as daily exercise and a healthier diet. |

getting started

# When is the best time *to start be:liver?*

The best time is usually after completing our re:set protocol for the digestive system, when the body is ready. But you don't need to wait for something to go wrong: it is also ideal when starting a new chapter, when you are planning changes in your life, when you want to raise your energy and wellbeing, or when you have become aware that you want to start something different.

MOMENT 1

## After completing re:set

To cleanse the liver the way it deserves, you first have to *open the doors*: a clear gut. That is why re:set comes first.

1 re:set
PART 1 · GUT

→

2 be:liver
PART 2 · LIVER

*re:set prepares the digestive system; be:liver comes next.*

MOMENT 2

## When starting a new chapter

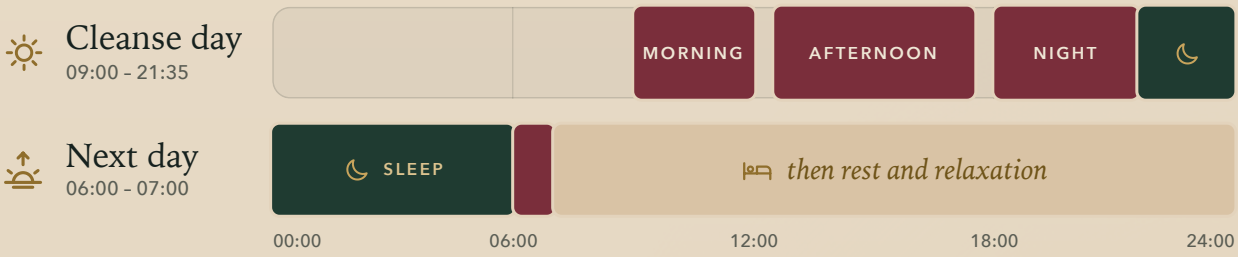
*a new chapter*

- changes in your life
- more energy and wellbeing
- starting something different

# 48h

SET THE TIME ASIDE

Prepare properly and set aside at least 48 hours just for yourself, for complete rest and relaxation.




Each bar runs from 00:00 to 24:00 · the full schedule, hour by hour, is on pp. 17–21

be:liver · the science

# Fermented enzymes *engineered with a purpose*

## FORMULA AND PURPOSE

Formulated with more than 200 natural ingredients that support the physiological processes of liver and gallbladder cleansing.

This powerful formula acts as an antioxidant with a special focus on cleansing the digestive system, thanks to the power of the fermented mushroom ***Antrodia cinnamomea***, an ancient secret of Chinese medicine.

## SIX FORMULAS · WHAT EACH ONE CONTAINS

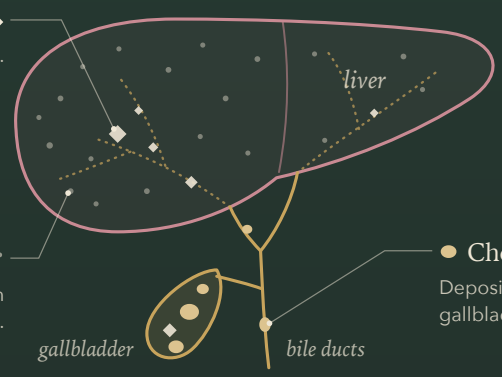
| | |
|---|---|
| be:smooth | pineapple and papaya powder, bifidobacteria and coix seed |
| be:zyme | fermented apple enzymes, bromelain, papain and ficin |
| be:vital | fermented fruit, vegetables, mushrooms and plants, with lactobacilli |
| be:nourish | shiitake, jujube, walnut, cherry and ginger powder |
| be:balance | fermented lemon and grapefruit concentrate |
| be:nova | olive oil |

**200+** natural *ingredients*

FERMENTED MUSHROOM — *Antrodia cinnamomea*

**The be:liver enzymes are specifically formulated.** Although they also contain *Antrodia cinnamomea*, like those of re:set, they have other ingredients and are aimed differently: re:set at the gut, with fibre and digestive enzymes; be:liver at the liver and gallbladder, with fermented apple enzymes and other mushrooms, such as shiitake, as well as fermented lemon and olive oil.

*With* be:liver, *you encourage the elimination of…*




**Biliary crystals**
Large and small, in great numbers.

**Toxins and heavy metals**
And other residues that have accumulated in the body over time.

**Cholesterol (stones)**
Deposits attached to the liver, the gallbladder and the bile ducts.

## THE FERMENTATION PROCESS

**4** carefully designed fermentation stages

**14** Japanese patents in the process

*up to* **3** years of fermentation in total

### 1st — 6 MONTHS
**Yeast**
Fermentation with yeast, which lasts 6 months and lays the foundation for the process.

### 2nd — 6 MONTHS
**Acetic acid**
Fermentation with acetic acid bacteria for another 6 months, increasing the bioavailability of nutrients.

### 3rd — 6 MONTHS
**Lactic acid**
Fermentation with lactic acid bacteria, also for 6 months, to optimise the production of bioactive compounds.

### 4th — FINAL STAGE
**Chelate and symbiosis**
We use a compound enzymatic chelate together with patented symbiosis technology, which stabilises and enhances the effectiveness of the final product.

be:liver · the origin

# The origin *of kōso fasting*

***Kampo* (漢方)** is Japan's traditional medicine: it came from China around fifteen centuries ago and Japan gradually made it its own. Today it sits alongside modern medicine: doctors prescribe it and public health insurance covers 148 formulas. In that same country, along another path, the 20th century gave rise to techniques that join traditional fermentation with modern methods: that is where the fermented plant drinks on this page come from.

酵素

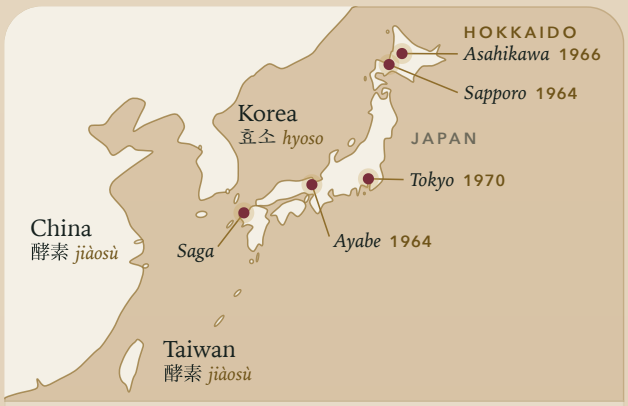
*kōso*

Fermentation is older than any country, but few cultures have cared for it as much as Japan's. And kōso fasting was not born in the 2010s: that is when the fashion arrived. The story is longer, and we tell it to you as it is, with no embellishment.

The one we know best begins in Hokkaido, Japan's northern island. By his own account decades later, in the late 1920s a boy from a farming village began fermenting plants and fruit, and in the summer of 1931 he tried that liquid on himself. He was neither a doctor nor a university scientist: people called him "the street scientist".

By the late 1950s, that Hokkaido house was already selling its ferment. And in 1964 a health house opened in Sapporo where guests set meals aside and took only kōso. Doctors soon joined in —among them a dentist with a medical doctorate from Sapporo— and fasting dōjō were born in Ayabe, near Kyoto, in Asahikawa and in Tokyo. By 1968 Japanese magazines were already writing *kōso danjiki* (酵素断食): "kōso fasting".

It was not the only strand: in a small temple in Saga, in the south of Japan, another "kōso fasting society" followed its own path, with fruit ferment, warm compresses and baths.




**TODAY, THE WORD TRAVELS ACROSS EAST ASIA**

| | |
|---|---|
| Taiwan | Written the same way, 酵素 (*jiàosù*), and fermented at home. |
| Korea | Read *hyoso* (효소), and some people fast on it one week a year. |
| China | The drink has become popular, and it is explained with ideas from Traditional Chinese Medicine. |

## THE TIMELINE

**8TH CENTURY**
### Koji, in writing
Japan's first record of sake made with rice koji.

**LATE 1920s**
### A boy from Hokkaido
He begins fermenting plants and fruit in his village; in 1931, by his own account, he tries it for the first time.

**1957**
### The ferment, on sale
The Hokkaido house sells it in 1.8 litre bottles (the date is the house's own).

**1964**
### The Sapporo house
The first health house where people fast on kōso alone, with doctors alongside.

**1964-1970**
### The fasting dōjō
Ayabe, near Kyoto (1964); Asahikawa (1966) and Tokyo (1970).

**1968**
### Kōso danjiki
"Kōso fasting" (酵素断食) can already be read in Japanese magazines.

**1980s TO 2010s**
### The word crosses Asia
Taiwan, from the 1980s; Korea, around 2012-2013; China, from 2014. And in Japan, the big wave: the fashion.

**TODAY**
### be:liver
Kōso fasting combined with modern naturopathy: we tell you about it on the next page.

Map and timeline: our own work. 1931 and 1957 are dates from the house's own account; the rest are documented in publications of the period.

be:liver · our philosophy

# Our philosophy *and your intention*

We take up that tradition with respect and join it to modern naturopathy. Remember: the tools amplify; the intention is yours.

TODAY · be:liver

Kōso fasting, combined with the naturopathic tradition centred on the liver and gallbladder

- Warm water
- Belly massage
- Rest
- Enemas
- Gradual return to food

WHAT KŌSO IS · 酵素

Kōso means "enzyme" in Japanese: its characters are "ferment" and "element".

Fruit, vegetables, herbs, mushrooms and seaweed are covered in sugar, which draws out their juices; then yeasts and lactic bacteria ferment them for months or years. The name comes from the enzymes that do that work.

"Kōso" is the traditional name for these drinks: we value them for their fermentation, not as a medicine.

OUR PHILOSOPHY

## "Cleansing is not only about *clearing out the physical.*"

Our tools are powerful, and they are designed for that moment in your life when you want to create a change. But we cannot solve a problem from the same environment that created it.

It is a holistic process: it works when you are ready to change on every level, because cleansing is not only about clearing out the physical. There are no magic pills, and no cleanse that fixes everything forever.

*This is a way of life, and every time we cleanse the body we get to know ourselves more deeply.*

BEFORE YOU START

## Set your *intention*

The most important part of this process is the intention, and intention is amplified by the tools.

- *What do you want?*
- *What are you going to stop giving your energy to?*

And if you have any questions, ask us: hola@bionobo.com

be:liver · expectations

# Expectations *versus reality*

**There are no magic pills.** Cleansing and clearing out, both physically and energetically, after seasons or years in which we haven't done it, is no bed of roses. You need to know this, although it is the most comfortable way we have found to do it. Many times there will be discomfort, and you have to be ready for it.

PERSONAL COMMITMENT

## A calm and committed approach

If you want to eliminate a large amount of accumulated waste in your first cleanse, it is important to follow each step of our guide carefully, including the enemas.

The success of your detox depends on keeping to a diet based mainly on fresh, organic foods, and choosing a relaxed, stress-free lifestyle. With a calm and committed approach, the benefits for your health and well-being will be evident.

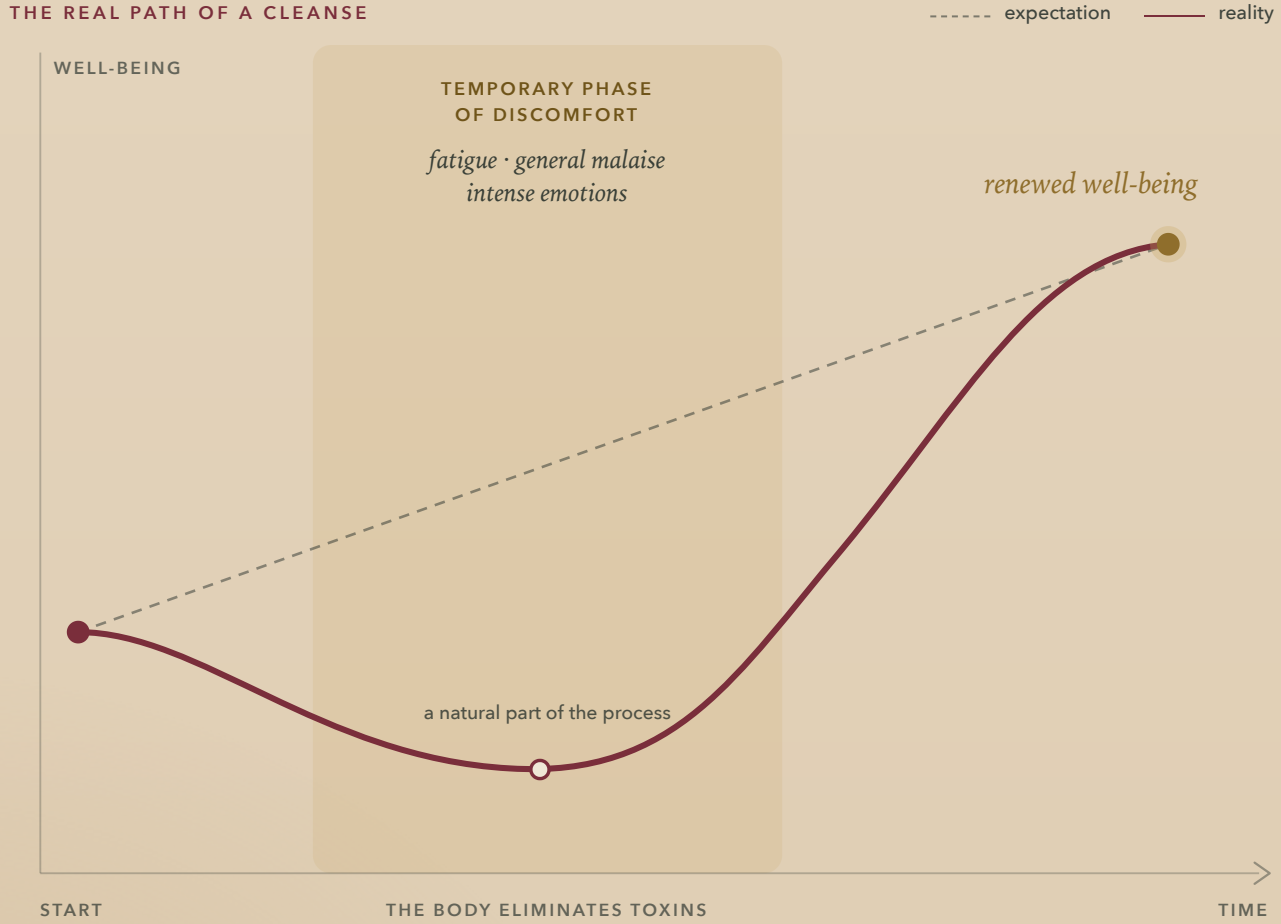
SIDE EFFECTS

## Discomfort is part of the process

As the body eliminates toxins, you may experience some discomfort, such as fatigue, general malaise or intense emotions. These symptoms are a natural part of the detoxification process, especially when it comes to releasing toxins accumulated over years of poor eating habits and exposure to harmful substances.

It is important to be willing to go through this temporary phase of discomfort, knowing that it is part of the path towards renewed well-being.

THE REAL PATH OF A CLEANSE




Our protocol requires you to prepare properly and set aside **at least 48 hours** just for yourself, for complete rest and relaxation (p. 06).

be:liver · preparation

# Preparation *before the cleanse*

**You can also prepare with ki:wami (optional).** In the days before, you can take 2 to 4 servings of 30 ml of ki:wami a day: your body reaches the cleanse with the kōso enzymes already at work.

DIET ADAPTATION

## Lower the toxic load first

→ PHASE OUT

- processed foods
- refined sugars
- dairy
- caffeine

+ INCREASE

- organic vegetables
- fruit

Reduce them first and then eliminate them: this lowers the toxic load on your digestive system and makes the cleanse smoother and more effective. Organic vegetables and fruit are rich in fibre, vitamins and minerals that support detoxification.

VERY IMPORTANT

## Eliminate these habits

- × alcohol
- × tobacco
- × coffee
- × sugar

It is crucial to eliminate them completely during the cleanse: they introduce additional toxins and can interfere with detoxification, reducing its effectiveness. If you keep consuming any of them, your body's reaction may be uncomfortable:

- *headaches*
- *irritability*
- *extreme fatigue*
- *general malaise*

MOVEMENT

## Light exercise and relaxation

LIGHT EXERCISE

- walking
- yoga
- stretching

RELAXATION

- meditation
- mindfulness

Light exercise before and during the cleanse stimulates lymphatic flow and circulation, supporting toxin elimination. Meditation or mindfulness will help you manage stress and focus on your inner healing process.

DURING THE 24 HOURS

## Only the enzymes from the kit

**24h**

For the 24 hours of the cleanse you will only take the enzymes from the kit, formulated with nutritious ingredients that prevent hunger.

- sachets
- be:vital
- be:balance + be:nova

Here we cover preparation briefly; another guide goes much deeper into how to prepare: **the preparation guide, in the guide library**.

BUY THESE BEFORE YOU START

## What you need besides the kit

1 · THE WATER

### A liquid thermometer

Doses at 35–40 °C (p. 14); enema at 36–38 °C.

2 · THE ENEMAS

### A good-quality enema bag

With a clamp to open and close the flow (pp. 27–28).

Ideally, have **your own bag**, so you can learn to use this tool and always have it with you. If you can't get one, find someone near you who offers **colon hydrotherapy**: it will do you a world of good.

ENEMA GUIDE

*"We know enemas can look complicated, but they are an incredible tool."*

The enema guide is in the guide library

be:liver · preparation

# Pre-cleanse diet
## *based on your experience*

**Do you have experience with fasting and detox?**

### Yes

EXPERIENCED WITH FASTING AND DETOX

## 1 to 3 days of pure juices

3 DAYS BEFORE → 2 DAYS BEFORE → THE DAY BEFORE → be:liver 24 HOURS

**Pure juices** for 1 to 3 days before you start

If you are already familiar with fasting, you can choose 1 to 3 days of pure juices before starting the cleanse.

COULD BE VERY HELPFUL

- apple
- beetroot

*"Any combination of juices will work wonderfully."*

### No

IF YOU ARE NEW TO FASTING

## Eat lightly the day before

3 DAYS BEFORE → 2 DAYS BEFORE → THE DAY BEFORE → be:liver 24 HOURS

**Light meals** the day before the cleanse

THIS MAY BE ENOUGH

- ✓ organic salad
- ✓ juice
- ✓ soup

AVOID HEAVY PROCESSED FOODS, SUCH AS

- ✕ meats
- ✕ legumes
- ✕ nuts

They take longer to digest, which can make the cleanse less effective. Low-protein meals are the easiest to digest and make the cleanse smoother.

## Your preparation by level

From your self-assessment · p. 05 · 1 box = 1 day

### LEVEL 1
**Low toxicity**

1–3 days before

Avoid heavy processed foods, meats, legumes and nuts.

### LEVEL 2
**Medium toxicity**

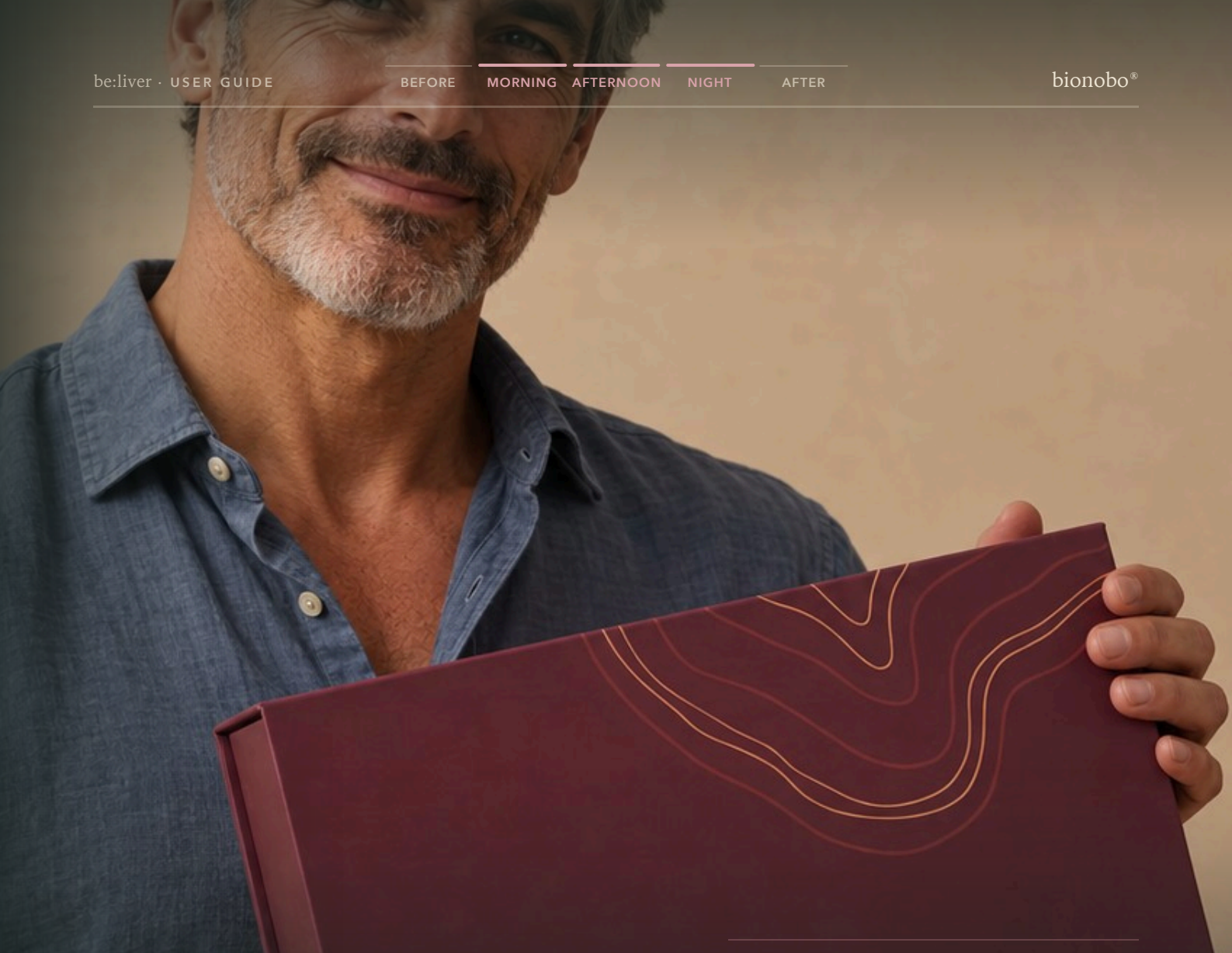
3–5 days before

Cut down on coffee and gluten day by day, as far as you can.

### LEVEL 3
**High toxicity**

2 weeks before

Gradually eliminate toxic substances such as alcohol, tobacco, processed foods, sugar…




# II

PART II

# The day *of your cleanse*

Water, dosage and timing: the full 24 hours step by step, from the first sachet at 09:00 to the following morning.

> *"The liver holds a lot of anger, grief, disappointment… all those things, as well as a lot of physical toxicity. It is an integral process: when we cleanse, there will be emotions and there will be difficulty. That is why you need to be present and very calm. It is a process, a gift to yourself."*

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THREE OPTIONS · 35-40 °C

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SHAKE HARD · THE FLUSH, NO WATER

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YOUR DOSE LINE-UP · VIDEO

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09:00 - 12:00

Afternoon schedule 18
12:30 - 17:30

Night schedule 19
18:00 - 21:35

The flush 20
21:30 · NIGHT CEREMONY

The next morning 21
06:00 - 07:00 · THE 4 DAYS

water and dosage

# Water quality *and temperature*

Every dose is mixed with warm water and, between doses, you drink another 250 ml every 30 minutes. That is why choosing the right water, and keeping it at the right temperature, matters so much: it shapes how well the enzymes work.

WHICH WATER TO USE? THREE OPTIONS

## Choose one of these three

OPTION 1
**Structured, or straight from nature**
Structured water, or spring water.

*or*

OPTION 2
**Filtered water**
Reverse osmosis or any other filter.

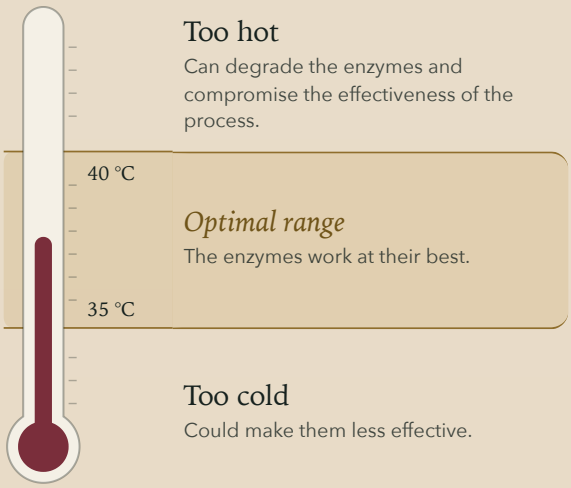
*or*

OPTION 3
**Mineral water**
Any bottled water.

× Never unfiltered tap water

TEMPERATURE

## Between 35 °C and 40 °C




**Too hot**
Can degrade the enzymes and compromise the effectiveness of the process.

***Optimal range***
The enzymes work at their best.

**Too cold**
Could make them less effective.

MANY PEOPLE ASK US

## Is this water only for the protocol?

**No: these water options are for your everyday life.** If you have invested in doing a protocol and you are still drinking low-quality water… think of water as one of the most important nutrients we take. Making conscious changes means choosing better water from now on. It is not just the water we recommend for this, but for everything.

ADDITIONAL WATER

## 250 ml every 30 minutes

After each dose, drink 250 ml of warm water every 30 minutes to stay hydrated and support healthy digestion. Make sure it never goes above 40 °C: hydration is key, as it helps eliminate toxins and optimises the way your body works.

:00 — 30 min — :30 — 30 min — :00

**Dose**
warm water + that hour's dose

**Water**
250 ml of warm water, no hotter than 40 °C

**Next dose**
at the time shown on the schedule

PRACTICAL TIP

## Prepare it in advance

Prepare the water ahead of time, check with the liquid thermometer that it is between 35 and 40 °C (p. 11) and keep it in a thermos: that way it stays at the ideal temperature throughout the whole cleanse.

mixing, dosage and alarms

# How to mix *and set your alarms*

MIXING

## How to mix the enzymes

It is essential to mix each dose properly with water. Shaking gently is not enough: it takes real vigour to disperse the enzymes evenly through the liquid. The kit comes with a shaker so you can mix them properly.

It is important to **drink the enzyme solution straight away**, as soon as it is well mixed with water. The mixture tends to thicken quickly if left to stand, which makes it hard to drink.

The last dose (21:30) is different: **be:balance + be:nova together**, in the tightly closed shaker (p. 20).

IN THE SHAKER, AT EVERY DOSE

**200-250 ml**
warm water · 35-40 °C

+

**that hour's dose**
1 sachet or 1 bottle
(at 10:00, 2 sachets)

### Shake hard
with real vigour, until the enzymes disperse

### Drink it straight away
as soon as it is well mixed

### If it stands, it thickens
and becomes hard to drink

DURING THE DAY

## You can drink more

You can drink more warm water or liquid enzymes throughout the detox day.

THE LAST DOSE · THE FLUSH

## No water, all in one go

Shake both bottles together very, very well, until it emulsifies. Then, straight to bed.

ALARMS

## Set them before you start

Scan your code and set up these alarms in a moment, so you don't miss a single dose: following the timing of each dose is essential for the best results.

### iPhone

1. Scan or tap it, then tap **"Get Shortcut"** and **"Add Shortcut"**.
2. The night before, after 21:35, open Shortcuts, tap **"bionobo be:liver alarms"** and choose **"Cleanse day"** (the first time, tap **"Allow"**).
3. On the cleanse day itself, after 07:00, open it again and choose **"Next morning"**.

### Android

Works on any phone: pick the day of your be:liver and add every dose to your calendar, each with its own alert.

**Morning** 09:00 - 12:00
- 09:00 be:smooth
- 10:00 be:smooth + be:zyme
- 11:00 be:zyme
- 12:00 be:zyme

**Afternoon** 12:30 - 17:30
- 13:00 be:vital
- 14:00 be:zyme
- 15:00 be:smooth
- 15:30 be:nourish
- 16:00 be:zyme
- 17:00 be:zyme

**Night** 18:00 - 21:35
- 18:00 be:vital
- 21:30 **the flush** · be:balance + be:nova
- 21:35 straight to sleep · right side

**Next day** 06:00 - 07:00
- 06:00 be:smooth
- 07:00 be:nourish
- + 4 days be:vital, 1 a day for 4 days

**On iPhone the alarms have no date:** each one rings the next time its hour comes. When you finish your be:liver, delete them in the Clock app.

plan your day · video

# Your day *step by step*

The suggested schedule is only a **guideline**. You can adjust when you start the detox process so it fits your routine and timetable better. What really helps is having everything ready before you begin.

## HAVE ON HAND

- **The shaker** — 350 ml, for every dose — P. 04
- **The thermos** — warm water at 35–40 °C — P. 14
- **A thermometer** — for liquids — P. 11
- **Your alarms** — set beforehand — P. 15
- **be:balance + be:nova** — by the bed — P. 20

ORGANISING TIP

## Line up your doses

The night before or in the morning, set out all your doses in a row on a table or a tray, in order and numbered (1, 2, 3…), each with the products for its time, one after another. That way there is nothing to think about during the day.

### MORNING

| 1 | 2 | 3 | 4 |
|---|---|---|---|
| 09:00 | 10:00 | 11:00 | 12:00 |
| be:smooth | be:smooth + be:zyme | be:zyme | be:zyme |

### AFTERNOON

| 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|
| 13:00 | 14:00 | 15:00 | 15:30 | 16:00 | 17:00 |
| be:vital | be:zyme | be:smooth | be:nourish | be:zyme | be:zyme |

### NIGHT

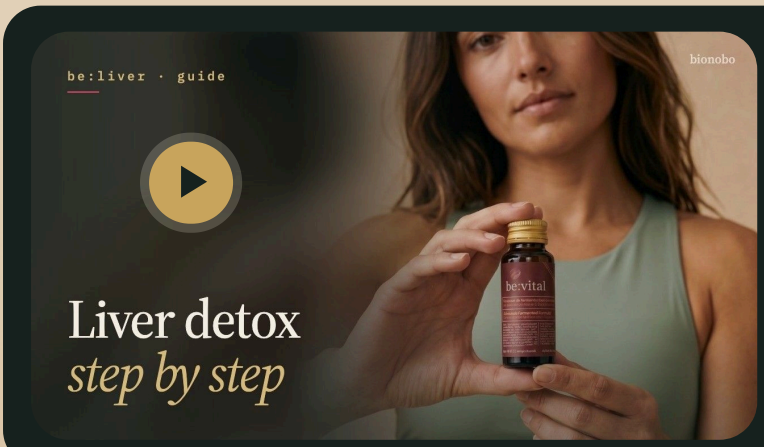
| 11 | 12 |
|---|---|
| 18:00 | 21:30 |
| be:vital | be:balance + be:nova *by the bed* |

### NEXT DAY

| 13 | 14 |
|---|---|
| 06:00 | 07:00 |
| be:smooth | be:nourish |

### DURING THE DAY

The alarm goes off → You pick up the next one (5) → And that's it




QUICK VIDEO GUIDE

## be:liver: how to do a liver detox correctly, step by step

youtu.be/z1p_gVvt7MQ

Scan the QR code or tap the link to watch the whole protocol explained step by step

detox day · schedule

# Morning schedule
# *09:00 – 12:00*

YOUR KIT, PHASE BY PHASE

MORNING | AFTERNOON | NIGHT

| | TIME | warm water 200-250 ml | be:smooth 2 sachets | be:zyme 3 sachets | be:vital – | be:nourish – | be:balance + be:nova – |
|---|---|---|---|---|---|---|---|
| Morning 09:00 - 12:00 | 09:00 | 200 ml | + be:smooth | • | • | • | • |
| | 09:30 | 250 ml of warm water | | | | | |
| | 10:00 | 250 ml | + be:smooth | + be:zyme | • | • | • |
| | 10:30 | 250 ml of warm water | | | | | |
| | 11:00 | 250 ml | • | + be:zyme | • | • | • |
| | 11:30 | 250 ml of warm water | | | | | |
| | 12:00 | 250 ml | • | + be:zyme | • | • | • |

**It is important to follow the amounts.** But if for any reason you need to dilute them more or split them up, you can. These are the directions for the best way of doing it, and you can adjust them. **Don't be rigid: everything can always be adjusted.**

BEFORE YOUR FIRST DOSE · WHAT YOU NEED TO KNOW

IF IT IS HARD TO FINISH

## Space out the sachets, not the flush

If it is hard to finish because of some discomfort, a headache or even nausea, try spacing out the enzyme sachets. Even so, the release drink (be:balance + be:nova) should be taken approximately **3 to 5 hours after the last sachet**.

LAST SACHET → 3 – 5 h approximately → THE FLUSH

A SINGLE DAY

## Start to finish, in one day

This detox process must be completed in a single day: follow the schedule dose by dose, from 09:00 to 21:35.

A STRESS-FREE DAY

## Clear your calendar

Keep the day as stress-free as possible. Set aside at least 48 hours of personal space (p. 06).

GO AT YOUR OWN PACE

## Your body works *with its own intelligence*

Listen to your body and respect your own pace throughout this deep cleanse. Moments of discomfort or less pleasant sensations may arise; they are a natural part of the internal adjustment taking place. Keep the bigger picture in mind before and during each dose, remembering that your body works with its own intelligence. Every step, even the most demanding, helps restore balance and inner harmony.

detox day · schedule

# Afternoon schedule
## *12:30 – 17:30*

YOUR KIT, PHASE BY PHASE

MORNING | AFTERNOON | NIGHT

| | TIME | warm water 200-250 ml | be:smooth 1 sachet | be:zyme 3 sachets | be:vital 1 × 30 ml | be:nourish 1 sachet | be:balance + be:nova – |
|---|---|---|---|---|---|---|---|
| Afternoon 12:30 - 17:30 | 12:30 | 250 ml of warm water | | | | | |
| | 13:00 | 250 ml | • | • | + be:vital | • | • |
| | 13:30 | 250 ml of warm water | | | | | |
| | 14:00 | 250 ml | • | + be:zyme | • | • | • |
| | 14:30 | 250 ml of warm water | | | | | |
| | 15:00 | 250 ml | + be:smooth | • | • | • | • |
| | 15:30 | **200 ml** | • | • | • | + be:nourish | • |
| | 16:00 | 250 ml | • | + be:zyme | • | • | • |
| | 16:30 | 250 ml of warm water | | | | | |
| | 17:00 | 250 ml | • | + be:zyme | • | • | • |
| | 17:30 | 250 ml of warm water | | | | | |

REMINDER

### Use the shaker

Mixing each dose properly with water is essential. Shaking gently is not enough: you need to **shake vigorously**. The kit includes a cup/shaker so you can mix the enzymes properly.

REMINDER

### Water temperature

Enzymes work most effectively in warm water, **between 35 °C and 40 °C**. Keep in mind that water that is too hot will damage the enzymes.

MIND THE AMOUNT

**200 ml** — **At 09:00 and at 15:30**: the be:smooth dose and the be:nourish dose.

**250 ml** — **All other doses up to 18:00 and both next-morning doses**, plus the half-hourly warm water. The 21:30 dose is taken without water (p. 20).

detox day · schedule

# Night schedule
## *18:00 – 21:35*

YOUR KIT, PHASE BY PHASE

MORNING · AFTERNOON · NIGHT

| TIME | warm water 250 ml | be:smooth – | be:zyme – | be:vital 1 × 30 ml | be:nourish – | be:balance + be:nova 2 × 120 ml |
|---|---|---|---|---|---|---|
| **Night** 18:00 - 21:35 | | | | | | |
| 18:00 | 250 ml | | | + be:vital | | |
| 18:30 | Rest until 21:00 · 250 ml of warm water every 30 minutes | | | | | |
| 21:30 | LAST DOSE · THE FLUSH | | | | | together |
| | Standing by the bed: both bottles in the tightly closed shaker, shake for 1 full minute and drink it all at once | | | | | |
| 21:35 | Sleep immediately · lie on your right side for 45 minutes | | | | | |

AT A GLANCE

## Your night, hour by hour

The times, exactly as the schedule sets them

| 18:00 | 18:30 → 21:00 | 21:30 | 21:35 |
|---|---|---|---|
| be:vital | rest | the flush | sleep |
| 250 ml + 1 bottle | 250 ml every 30 min | be:balance + be:nova | right side · 45 min |
| | | no water · in one go | |

*Let yourself drift off to sleep.*
Next dose: **06:00**, the following morning · p. 21

REST · 18:30 - 21:00

### Rest and keep hydrating

250 ml of warm water every 30 minutes, never above 40 °C. You can drink more warm water throughout the detox day.

PREPARE THE FLUSH

### Everything by the bed

The two 120 ml bottles (be:balance and be:nova) and the shaker, ready by the bed. The ceremony, step by step, on p. 20.

very important · 21:30

# The flush
## *the night ceremony*

The last dose of the day: be:balance and be:nova, together in the shaker, standing by the bed.

VERY IMPORTANT · NIGHT CEREMONY

## The flush, step by step

21:30

### 1 Combine and shake

Standing next to the bed, combine the be:balance and be:nova bottles in the **tightly closed** shaker. Shake **very, very well**, vigorously, for **a full minute**, until it emulsifies and both components are perfectly blended.

→

### 2 Drink it all at once

**In one go**, without pausing.

**be:balance + be:nova**
2 × 120 ml bottles

→

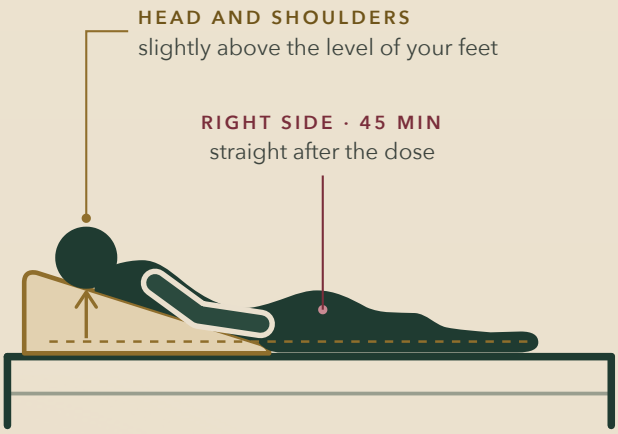
### 3 Right side · 45 min

Next, lie on your **right side for 45 minutes**, allowing the internal release process to begin naturally and progressively. Let yourself drift off to sleep.

*Don't force anything. Allow your body to work quietly, with its own intelligence, while you rest deeply.*

THE POSITION

### Right side, head slightly raised




Slightly raising your head and shoulders above the level of your feet may **help prevent reflux**.

LAST DOSE

### How to take it

**With a straw?**
Although it can be done, it is not the best option. Some people prefer it. The best way is to drink it in one go.

**Both bottles, together**
The contents of each bottle should be taken together, well mixed.

**Another container?**
Pour the contents of both bottles into a glass jar with a lid (such as a mason jar) and follow the same steps.

**The flush, no water:** shake both bottles together very, very well, until it emulsifies, and drink it all in one go. Then, straight to bed (p. 15).

detox day · after

# Next morning *and the 4 days after*

WHAT'S LEFT OF THE KIT

06:00 · 07:00 | 4 DAYS

| | TIME | warm water 250 ml | be:smooth 1 sachet | be:zyme – | be:vital 4 × 30 ml | be:nourish 1 sachet | be:balance + be:nova – |
|---|---|---|---|---|---|---|---|
| Next day 06:00 - 07:00 | 06:00 | 250 ml | + be:smooth | • | • | • | • |
| | 07:00 | 250 ml | • | • | • | + be:nourish | • |

**4 days after**
1 A DAY

| Day 1 | Day 2 | Day 3 | Day 4 |
|---|---|---|---|
| 1 × be:vital | 1 × be:vital | 1 × be:vital | 1 × be:vital |

**The remaining 4 bottles of be:vital, 1 a day** during the 4 days after you complete the cleanse, as a maintenance phase and to support your body's detoxification and balancing process.

IF YOU WISH

## Gentle massage, stretching and rest

You can give yourself a gentle abdominal massage, stretch and rest: anything that helps your body enter a state of presence and relaxation. You can also use a massage gun to help you, very gently.

- gentle abdominal massage
- stretching
- rest

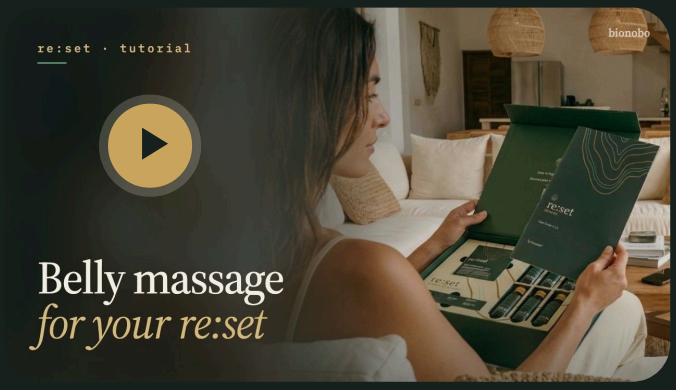
AT NOON

## Light meals

At noon you can start introducing light meals, to help sweep away and eliminate the waste released by the liver:

- broths or hot soups
- steamed vegetables
- low-sugar fruits
- fibre-rich foods

And there may be an emotional release: that is also part of the process (**p. 26**).




VIDEO TUTORIAL · BELLY MASSAGE

## Belly massage for the re:set detox protocol

Scan the QR or tap the link to watch the video.

youtu.be/5I0U1K812ic

III

PART III

# After *the cleanse*

Inspection, analysis, enemas and aftercare: how to approach your post-cleanse routine to get the greatest benefit from it.

Evacuation and analysis 23
SIX TYPES OF RELEASE

Benefits 26
SHORT AND LONG TERM · EMOTIONS

Fulvic acid enemas 27
WHAT YOU NEED · STEP BY STEP

Post-cleanse diet 29
LIQUID DIET OR KEEP FASTING

Extend the fast 30
OPTIONAL · ONE OR SEVERAL MORE DAYS

Gut support 31
ENZYMES AND FERMENTS

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MAINTENANCE AND BIOMINERALS

Frequently asked questions 34
MEDICATION, PREGNANCY, FASTING, DISCOMFORT

Your next steps 36
RECOMMENDED PRODUCTS AND GUIDES

evacuation · mission accomplished

# Evacuation *and inspection*

Observing what your body eliminates after the detox is essential: it offers valuable insight into how your body is doing. Review the expelled material with attention and presence, in a calm frame of mind, free of judgement or rigid expectations, with the help of a few specific tools.

## INSPECTION TOOLS

- Strainer or basket
- Gloves
- Chopsticks

## RELEASE DURING THE LIVER CLEANSE

WHAT YOU ARE SEEING

### The release has begun

Seeing structures that look like **fat fragments or gallstones** indicates that the liver has mobilised deposits that had been building up for some time.

The results are **not always uniform**: they may appear in different shapes, colours or textures, and this too is part of the natural diversity of every body.

CONSISTENCY

### Not like an Epsom salt cleanse

OTHER METHODS
**Epsom salts**
Diarrhoea-like evacuation

be:liver
**Denser**
Similar to yellowish mud

## WHEN DOES IT ARRIVE?

21:30 · THE NIGHT
### The flush
The last dose: the release formula, be:balance + be:nova.

THE NEXT MORNING
### Usually, not yet
Toxic matter is not usually eliminated the next morning.

THROUGH THE AFTERNOON
### The most common
The expulsion usually comes later, over the course of the afternoon.

If the **first release** already looks like this yellowish mud, those gallstones were released **even before the last dose**, the release formula you take at 21:30.

BE PATIENT

### There is no rush

Bowel movements happen when your body is ready: transit time is unique to each person. If you need help or support, write to our team.

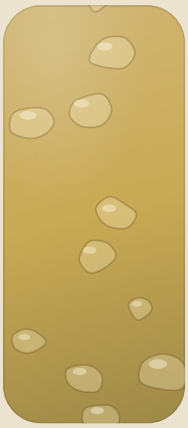
hola@bionobo.com

toxicity levels in the body

# Analysis *and self-assessment*

THIS PAGE P. 24
- Yellow
- Green
- Golden

NEXT P. 25
- Black
- White
- Agate



TYPE 1 · YELLOW

## Soft yellow particles

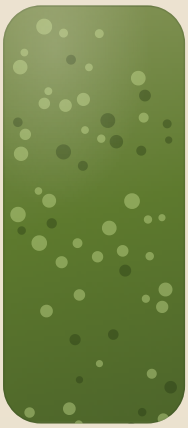
*hepatic fat packets*

**WHAT IT IS**

Soft, yellow particles formed by accumulations of hepatic fat, also known as liver lipid packets. They represent fatty deposits that the liver has stored in response to metabolic overload, inflammation or difficulty processing fats.

**WHAT IT INDICATES**

When these particles appear, it usually indicates that the liver is **releasing accumulated fat**, a process especially relevant in cases of functional or subclinical fatty liver.



TYPE 2 · GREEN

## Bright green granular material

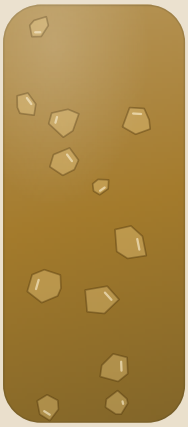
*precursor to gallstones*

**WHAT IT IS**

Bright green granular material with a soft texture, considered a stage that precedes the formation of gallstones. It is released from the bile ducts, where bile may have thickened or stagnated over time.

**WHAT IT INDICATES**

The liver and gallbladder have begun to **mobilise retained bile**, before it hardens and forms more compact stones. It is an early sign of release and is usually seen in first cleanses or in people with mild or moderate biliary overload.



TYPE 3 · GOLDEN

## Slightly hardened golden granules

*congested / alcoholic liver*

**WHAT IT IS**

Golden granules, somewhat firmer to the touch. They are associated with a liver that has been under prolonged toxic overload, not only from alcohol but also from medication, chemicals or metabolic stress.

**WHAT IT INDICATES**

They reflect areas where bile and waste have been concentrating, starting a process of compaction. Their release indicates that the liver is **reopening blocked drainage routes**.

analysis · stones and crystals

# Analysis *and self-assessment*

PREVIOUS P. 24
- Yellow
- Green
- Golden

THIS PAGE P. 25
- Black
- White
- Agate

TYPE 4 · BLACK

## Black particles the size of sesame seeds

*gallstones*

**WHAT IT IS**

Small, black, slightly hard formations, comparable in size to a sesame seed. They are considered consolidated gallstones, formed after long periods of biliary stagnation.

**WHAT IT INDICATES**

Their expulsion is a clear sign that the cleansing process has reached **deeper layers** of the hepatobiliary system.

APPROXIMATE ACTUAL SIZE

TYPE 5 · WHITE

## White crystalline fragments

*biliary crystals*

**WHAT IT IS**

White, crystalline and translucent pieces that look like shards of glass. They are known as biliary crystals, a mineralised phase of waste that can precede or accompany the formation of stones.

**WHAT IT INDICATES**

Their presence indicates **highly concentrated bile** that is finally being mobilised.

TYPE 6 · AGATE

## Agate-coloured granules

*old crystallised clots*

**WHAT IT IS**

Soft, agate-coloured granules associated with old crystallised residues, such as microclots or fibrotic material.

**WHAT IT RELATES TO**

They are **symbolically** related to past inflammatory processes, surgical interventions or old injuries.

WITHOUT JUDGEMENT OR RIGID EXPECTATIONS

benefits

# What sensations *might I experience?*

Benefits at the end of the protocol, in the short and the long term.

IN THE HOURS AND DAYS THAT FOLLOW

## Relief and lightness

Many people describe a clear sense of **internal relief** and **deep lightness**, especially in the abdomen and in their energy levels. It is common to notice greater **mental clarity**, a sense of **more restorative rest** and a general feeling that a weight has been lifted, both physically and emotionally.

IN THE MEDIUM AND LONG TERM

## Deep and lasting

After a well-guided liver cleanse, many people notice better **digestive tolerance**, less **heaviness after meals** and greater **metabolic efficiency**, which translates into **steadier energy** throughout the day. Because the cleanse supports one of the body's main organs of filtration and balance, the body usually responds with a sense of **order and stability** and a closer connection with its internal signals.

OTHER SENSATIONS

## Calm and clarity

Many clients describe a feeling of **calm and emotional clarity**, as if the body were entering a state of greater internal coherence. This reorganisation often shows on the outside too: the **skin** may look more radiant, **digestion** quieter and the **body** lighter in its overall functioning.

THE EMOTIONAL SIDE TOO

## Feeling *wakes up*

*Give your body what it asks for: rest, feeling what we did not want to feel. Above all, observe. Observe.*

**If you feel more sensitive.** In some cases, the body feels more sensitive in the days that follow: this is part of the natural process of readjustment, a time to listen closely to your body, after supporting an organ that is key to its balance.

There may be an emotional release: a greater capacity to express your emotions, feeling more sensitive. It is a way of gradually letting go of what was also trapped emotionally. Embrace it and understand it.

Not all of the first sensations may be what we would call good or pleasant, but they are part of the process. What we feel as bad is, quite simply, our ability to feel waking up.

be:liver · enemas and care

# Fulvic acid enemas
## *a step many people skip*

It is not essential for it to work, but it is for you to get the most out of it.

It makes a big difference. We know it is something new, that you haven't done it before, and that it can create resistance in you because you want to do it perfectly. It doesn't matter. Just give it a go and learn: it is a tool.

Fulvic acid enemas **are done at the end of the detox protocol to help eliminate residual toxins, including heavy metals and biofilms**, making them easier to evacuate and leaving you with a feeling of lightness. You can do as many enemas as you wish, as the water helps to release the areas where toxins may be retained. **We recommend doing them the night after the cleansing day or 2–3 days later, while keeping to a liquid diet.**

WHEN TO DO THEM

Cleansing day
be:liver · 24 hours

The following night

*or* 2–3 days later

KEEPING TO A LIQUID DIET P. 29

WHAT DO YOU NEED?

### 2 L enema bag kit
Good quality, with a clamp to open and close the flow (p. 11). Colonics Kit: you can find one on **Amazon**.

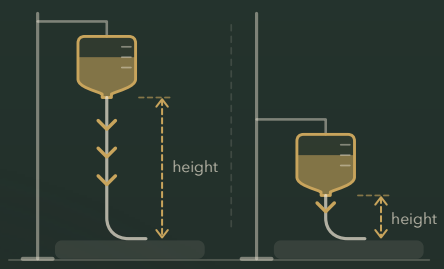
### alcalina
Fulvic and humic acid minerals.

### Quality water
Structured or spring water, filtered or mineral water (p. 14).
**Always at 36-38 °C.**

### A soft surface
A pillow, yoga mat or other soft surface to lie on your side during the enema.

PREPARATION

### Height sets the pressure
**Find a stable support to hang the enema bag from.**
Bear in mind that the higher you hang it, the greater the water pressure and the faster the liquid will flow into the bowel.




**Hung higher**
more pressure: the liquid flows in faster

**Hung lower**
less pressure: the liquid flows in more slowly

FIRST ENEMAS

### Start with what feels comfortable
It is normal to feel some discomfort at first, especially with the initial sensation of the water coming in. To get used to it, you can start by introducing only as much water as feels comfortable (**between 300 ml and 700 ml**). With practice, the process will become easier and more effective.

IF THE WATER STOPS FLOWING

### Breathe deeply
Sometimes the flow of water may stop. This is usually due to the release of gas. Take a deep, relaxed breath: it can help to stimulate bowel movement and allow the water to keep flowing in.

be:liver · enemas and care

# Enemas *step by step*

To do an enema comfortably and safely, we recommend doing it **on the floor, on a mat covered with a towel**, preferably **near a wall where you can rest your feet up high**. This will help to relax the abdomen and make it easier to hold the liquid in.

## 1 Prepare the water

Warm, at 36–38 °C. With fulvic acid: 5–10 drops of alcalina per bag if you're starting out; 10–20 or more with experience.

## 2 Prepare your equipment

The cannula, the enema bag and coconut oil as a lubricant.

## 3 Clamp the cannula and hold

Once all the liquid has entered the colon, clamp the cannula, gently withdraw the tube and try to hold the liquid in for as long as you can.

## 4 Repeat if you need to

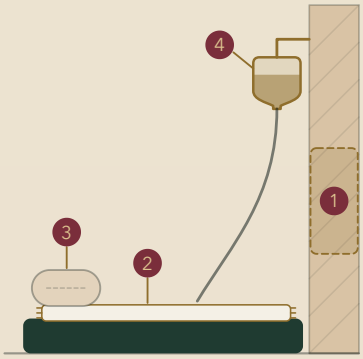
Once the liquid has been evacuated, you can repeat the process once or twice to expel a greater amount of toxins.

## 5 The longer, the better

Keep the liquid in for as long as possible. If you can hold it for 3 to 5 minutes, the benefits will increase.

YOUR SPACE

### On the floor, beside a wall




1. **Wall** · to rest your feet up high
2. **Mat** covered with a towel
3. **Pillow** or soft surface to lie on your side
4. **2 L bag**, hanging: height sets the pressure (p. 27)

PROGRESSION

### Progression and maintenance

With experience, introducing up to 2 litres of water with fulvic acid will become much easier, allowing you to keep the liquid in the bowel for longer and achieve better results.

SUPPORT

### Medical and scientific backing

Aside from their many benefits, fulvic acid has been used in some hospitals that worked with it, such as Tongren Hospital in Beijing, among others, and there are patents that record it. Clinical studies have also shown that fulvic acid can be a powerful tool for promoting optimal health and well-being through enemas, so it is well worth considering for anyone looking to improve their health.

### At home *as maintenance*

**After the protocols**, you can keep the enema kit at home and carry on doing enemas as maintenance: not only with fulvic acid, but also with **shilajit** and with **coffee**. Here we cover it briefly; we have an in-depth guide, and we think it is important that you learn it: the **enema guide**, in the guide library.

bionobo.ae/pages/guide-library

be:liver · after the detox

# Post-detox diet *integration and support*

Here we only talk about maintenance with our products. It is worth supporting it with more things: other foods, supplements, where to buy them, recipes. We cover all of that in **the recipes and diet guide**, in the **guide library**.

OPTION 1

## Liquid diet, 1 or 2 days

To keep supporting your body and consolidate the benefits of the liver cleanse, you can opt, **if it suits you, for a phase of liquid nutrition lasting 1 or 2 days**. This approach helps to reduce the digestive load and allows the liver to keep reorganising and draining waste naturally.

During this period, using **ki:wami as liquid support** makes for a smooth transition, providing vitality and accompanying your internal processes without interfering with the cleansing already under way. By staying on liquids, the body can sustain states of internal recycling and deep cleansing.

ki:wami · LIQUID SUPPORT

| CLEANSE | DAY 1 | DAY 2 |
|---|---|---|
| be:liver | liquids | liquids |
| 24 hours | 1 or 2 days · if it suits you | |

OPTION 2

## Keep fasting

If you want to keep fasting, you can:
**2 to 4 servings of 30 ml of ki:wami a day** instead of food, together with alcalina and shila:jit.

ki:wami · alcalina · shila:jit

→ How to do it: p. 30

RECIPE BOOK

## For before and after the protocol

Download it free from the guide library.

bionobo.ae/pages/guide-library

MINDFUL HYDRATION

## Hot or warm water

After a liver cleanse, mindful hydration becomes especially important. Drinking hot or warm water helps to relax the digestive system, encourages internal flow and supports the body as it readjusts, without any abrupt stimulation.

ORGANIC

## Care for what you reintroduce

By choosing organic, you minimise your exposure to pesticides and chemicals that could be counterproductive to your newly restored digestive balance.

LIQUID NUTRITION

## Raw juices and ki:wami

Raw fruit and vegetable juices, as well as ki:wami, are excellent allies at this stage: they provide nutrients in an easily assimilated form, without overloading the liver or the bowel. This liquid nutrition encourages gentle cleansing and keeps new waste from building up while the body finishes integrating the process.

HERBAL TEAS AND BROTHS

## Especially beneficial

Broths, in particular, offer a concentrated source of amino acids, minerals and comforting compounds, providing nutritional support and a sense of grounding without demanding much digestive effort.

after be:liver · optional

# Extend the fast *and boost its effects*

If you can hold out one or several more days without eating after be:liver, the enzymes will keep working. It is the best way to boost their effects.

HOW TO DO IT

1 **ki:wami instead of food**
2 to 4 servings of 30 ml a day, spread through the day.

2 **Pair it with alcalina and shila:jit**
The biominerals support your body while you fast (how to use them: p. 32).

3 **Warm water and rest**
Keep drinking warm water between servings, move gently and listen to your body.

## How long?

One or several days: whatever your body and your routine allow. If you don't want to go back to eating yet, you don't have to.

## Going back to food

When you decide to stop, go back gradually: liquids and broths first, as on the previous page.

| CLEANSE | ONE OR SEVERAL DAYS | FIRST | THEN |
|---|---|---|---|
| be:liver | ki:wami | liquids and broths | solids |
| 24 hours | 2 to 4 servings of 30 ml a day | when you decide to stop | gradually |

## Before, too

Your preparation can also be with ki:wami:
2 to 4 servings of 30 ml a day in the days before.

If you feel unwell or have any questions, stop and write to us: **hola@bionobo.com**

integration and support

# Gut support
# *enzymes and ferments*

PLANT-BASED ENZYMES

## The liver–gut axis

If you have been through digestive imbalances or periods of internal overload, you know how important it is to care for the liver–gut axis with attention and respect. A liver cleanse is a profound act of release, but its true value is consolidated **in the months that follow**, when the body needs stability, attention and support to integrate the process without creating new imbalances.

In this integration phase, it is key to support the body with tools that encourage digestive harmony without overstimulating it. **nutri:zyme and ki:wami** become natural allies here, supporting the digestive processes and helping the gut regain its natural rhythm and balance.

THE LIVER-GUT AXIS

IN THE MONTHS THAT FOLLOW

stability | attention | support

NATURAL ALLIES

- ✓ Every day: nutri:zyme and ki:wami.
  nutri:zyme brings plant-based digestive enzymes; ki:wami, fermented kōso enzymes. Together they support digestion every day.
- ✓ The gut regains its natural rhythm and balance

FERMENTED FOODS

## Sauerkraut, pickles and kimchi

In addition to supplements, including fermented foods in your diet is an excellent way to maintain a healthy microbiota in the long term.

Choices such as sauerkraut, pickles and kimchi not only provide natural probiotics, but also contain organic acids that support the growth of beneficial bacteria. These foods offer a double benefit: they help to balance the gut flora and aid digestion, naturally improving nutrient absorption.

THE DOUBLE BENEFIT

sauerkraut | pickles | kimchi

Natural probiotics — for the microbiota

+

Organic acids — support beneficial bacteria

THE RESULT

- ✓ They help to balance the gut flora
- ✓ They aid digestion and improve nutrient absorption

AFTER INTEGRATION

Keep caring for your body

→ **Maintenance and biominerals** pp. 32–33
→ **Your next steps** · products and guides pp. 36–37

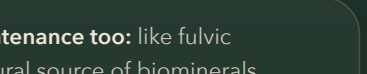
long term · after be:liver

# Maintenance
# *with fulvic acid and shila:jit*

After a liver cleanse, the body goes through a phase of deep release and internal reorganisation.

But the process does not end there: it is crucial to keep supporting the body as it integrates, steadies and finds its balance. Fulvic acid is a key tool at this stage, as it helps to **support the digestive axis**, **nurture the intestinal terrain** and **ease the release of persistent residues**, including accumulated heavy metals.

**92%** of the world's population is deficient in **at least one mineral**.



Each dot = 1% of the world's population

alcalina · FULVIC ACID

Fulvic and humic acid minerals, in drops. You'll find it in "Your next steps", p. 37.

**shila:jit is maintenance too:** like fulvic acid, it is a natural source of biominerals. You can alternate or combine them in the following months.

## alcalina · GUIDELINES FOR USE AFTER THE CLEANSE

FREQUENCY
### Every day
Take it daily to maintain your mineral balance and support cell regeneration.

HOW
### With water at room temperature
Taking it this way optimises its absorption.

WHEN
### On an empty stomach or before meals
Taking it on an empty stomach or before meals improves digestion and nutrient assimilation.

FOR HOW LONG
### At least 1–3 months
Continuing after the cleanse ensures a complete recovery of the digestive system.

AFTER be:liver · YOUR MAINTENANCE — alcalina · daily, with water at room temperature, on an empty stomach · each mark = 1 day

alcalina · shila:jit

# Biominerals *what they bring*

Biominerals are minerals bound to organic matter, like those found in fulvic acid (alcalina) and in shila:jit. We are not talking only about fulvic acid, but about everything that comes with it: **trace minerals, organic acids and electrolytes in a natural form**.

AFTER THE CLEANSE

## What biominerals bring

- **Rebalance the gut microbiota**, promoting the growth of beneficial bacteria.
- **Soothe inflamed digestive tissue**, easing any discomfort after the cleanse.
- **Improve nutrient absorption**, so that your body makes the most of the food you eat.
- **Promote the elimination of remaining toxins**, supporting the body's own detoxification.
- **Strengthen the intestinal barrier**, helping to prevent problems such as leaky gut.
- **Reduce the build-up of heavy metals**, preventing their toxicity and their harmful effects on the body.
- **Optimise digestion and metabolism**, promoting better assimilation of food over time.
- **Provide essential minerals and antioxidants**, strengthening cellular health and protecting against oxidative stress.

IN EVERY DROP OF alcalina

## What's inside

**75+** organic trace minerals

zinc · calcium · magnesium · silica · potassium · ...

**14** organic acids

gallic · fumaric · caffeic · malic · ...

- **Vitamins, peptides, electrolytes and antioxidant polyphenols**, which act as electron acceptors and donors, trapping and eliminating free radicals.
- **High in silica.**
- **Prebiotics and SBO probiotics** (soil-based organisms).

AFTER be:liver

### The perfect complement

Adding biominerals – fulvic acid and shila:jit – after be:liver not only amplifies the benefits of the cleanse, it also gives ongoing support to your intestinal and digestive well-being.

It is the perfect complement to prolong the effects of the detox and keep your body balanced and healthy.

be:liver → Biominerals → A balanced body

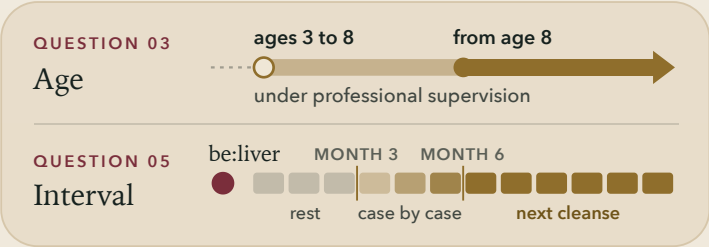
**be:liver**
The cleanse · 24 hours

**Biominerals**
Fulvic acid and shila:jit (p. 32)

**A balanced body**
Prolongs the effects of the detox

medication, pregnancy, age, frequency

# Frequently asked *questions*




## 01 Is it safe to take the enzymes alongside prescription medication?

Our naturally sourced enzyme supplements are among the safest nutritional detox options on the market.

However, we also recognise the importance of scientific evidence and **recommend consulting your doctor** before doing the detox alongside your usual treatment. This will ensure that any potential interaction between the supplements and your prescription medication is identified and properly addressed.

## 02 Is it safe for pregnant women to do the detox?

At bionobo®, we understand the importance of a healthy pregnancy and breastfeeding. That is why we recommend that pregnant and breastfeeding women **seek guidance from their healthcare provider** before considering our enzyme blends. Although our liquid enzyme blends, sachets and powders are generally safe during pregnancy and breastfeeding, we recognise that our products have not been specifically tested for these periods.

## 03 From what age can our products be taken?

Our liquid enzyme blends, sachets and powders can be taken **from the age of 8**. Children **between the ages of 3 and 8** can do our cleanse **under the supervision of a health professional**.

## 04 Can I do more than one cleanse with be:liver?

Yes, absolutely: it is possible and, in certain cases, even advisable to do more than one cleanse with our be:liver protocol. The human body is constantly exposed to toxins, both internal and external, and a periodic cleanse can be beneficial in maintaining an optimal state of health and well-being. If you found the experience enriching and noticed significant improvements in your health and energy, doing another cleanse could be an excellent decision.

## 05 What is the recommended interval between one be:liver cleanse and the next?

Generally, we recommend allowing a rest period of **at least three to six months** between cleanses. This time allows your digestive system to stabilise and strengthen, making the most of the benefits of the previous cleanse. Some factors to consider are your general state of health, how you felt during and after the previous cleanse, and the lifestyle and dietary changes you have been able to maintain.

## 06 Do I need to consult a health professional before starting be:liver?

Our cleansing programme is designed to be safe and beneficial for most people; however, everyone has unique needs and specific health conditions that must be taken into account. A health professional can assess your personal situation, **identify any possible contraindications** and offer you personalised advice so that your be:liver experience is as effective and safe as possible.

second part · food, fasting, discomfort

# Frequently asked *questions*

QUESTION 08
Fasting

be:liver ki:wami solids
one or several days liquids and broths

QUESTION 09
Discomfort

1 more water 2 space out the doses
box breathing 4-4-4-4

## 07 What happens if I eat something during the cleanse?

It doesn't stop working, but **it works less**. The idea behind fasting with enzymes is that, when you don't eat, the enzymes work on what has built up (what you are not digesting, biofilms…) and on the body's reactions. If you eat something, they start working to digest that food, and that is why they would work less. **It is important to keep the fast going and to know that this is a process.**

## 08 Can I extend the fast after be:liver?

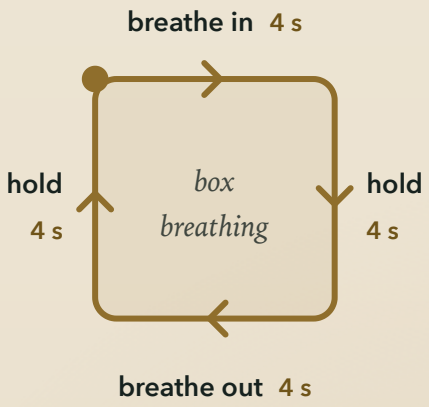
Yes. If you can hold out one or several more days, the enzymes will keep working and you will boost their effects. If you don't want to go back to eating yet, take **2 to 4 servings of 30 ml of ki:wami a day** instead of food, together with alcalina and shila:jit. How to do it: **p. 30**.

## 09 What if it's hard to finish because of some discomfort, a headache or even nausea?

It is important to follow the amounts. But if for any reason you need to dilute them more or split them up, you can. These are the directions for the best way of doing it, and you can adjust them. **Don't be rigid: everything can always be adjusted.** You can:

1. mix it with more water
2. space out the doses

Go more slowly and, above all, **don't wait long to take the enzymes once mixed, because they harden**. If you feel some discomfort, a headache or even nausea, it's normal: stop, ease off, rest and breathe (for example, box breathing: breathe in 4 s, hold 4 s, breathe out 4 s, hold 4 s).




If you're having problems, write to us: **hola@bionobo.com**

be:liver · what comes next

# Your next steps *after be:liver*

be:liver is the second part of the journey. If you'd like to keep going, these are the steps we recommend. None of them is required: choose the one that fits where you are right now.

YOUR PATH

PART 2

**Gut**
re:set
PART 1

**Liver & gallbladder**
✓ be:liver
THIS GUIDE

**Remineralisation**
alcalina · fulvic acid
PP. 32-33

ikigen · all three in a single protocol · p. 37

ki:wami · an optional support, before and after

PART 1

## re:set · the gut comes first

If you haven't done it yet, start here: be:liver works best after re:set, once your gut is already prepared. re:set is the 24-hour gut cleanse, and its user guide is also waiting for you, free, in the guide library.

bionobo.ae/pages/guide-library

The re:set kit

Its guide · library

BEFORE AND AFTER · OPTIONAL

## ki:wami · support for your body

Use it before and after the protocol. It isn't essential, but it helps a great deal, especially if you'd like to extend the liquid phase or your fast once be:liver is over, because ki:wami supports the body with fermented kōso enzymes. Take it slowly, and always listen to your body.

bionobo.ae/products/kiwami

The ki:wami product

your next steps · the whole picture

# Everything together
## *or start at your own pace*

THE COMPLETE PROTOCOL

### ikigen · all in one protocol

If you'd rather do it all together, ikigen brings the three areas from the map on the previous page into a single protocol: gut, liver and remineralisation. Its guide is in the guide library too.

gut · liver · remineralisation

View ikigen on bionobo.ae

The ikigen protocol

DAILY MAINTENANCE

### alcalina · fulvic acid

The fulvic acid maintenance you saw on pp. 32–33: every day, with water at room temperature, on an empty stomach or before meals, for at least 1–3 months after the cleanse.

bionobo.ae/products/alcalina

The alcalina product

NOT QUITE YOUR MOMENT YET?

### Start with the Beginner's Guide to Gentle Detox

That's perfectly fine: every body has its own rhythm. The Beginner's Guide to Gentle Detox, the recipe book, the enema guide and all our other guides are free in the guide library. Come back to be:liver whenever you feel ready.

bionobo.ae/pages/guide-library

contact

# be:liver

## *detox kit*

be:liver is an opportunity, a step. Letting go is hard, and at times it will feel like you're having a rough time, but your future self will thank you. Cleansing isn't only physical, it isn't only what comes out: it's everything that has been stuck for a long time. Habits, emotions… all of it.

*You choose: one day or day one. Your moment starts today.*

hola@bionobo.com
Questions about the kit, the preparation or the process?

bionobo.ae
Product guides and technical documentation.

be:liver products are food supplements. They are not intended to diagnose, treat, cure or prevent any disease, and do not replace a varied, balanced diet or professional medical judgement.

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