bionobo®

re:set

The 24-hour *intestinal cleanse*

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 detox day

The 24-hour *protocol*

During the 24-hour cleanse you will only consume the enzymes included in the kit, made with nutritious ingredients that keep you hunger-free throughout the day. For the rest times between doses, see the detailed hourly schedules (pp. 17–20).

Each dose is mixed with **250 ml of lukewarm water** (35–40 °C). Between doses, **250 ml every 30 minutes**.

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 250 ml	re:load 10 SACHETS	re:lease 6 × 30 ml	re:lax 1 SACHET	NOTES
Morning 09:00 - 12:00					
09:00	250 ml	+ 1 re:load			
09:30	250 ml lukewarm water				
10:00	250 ml	+ 2 re:load			
10:30	250 ml lukewarm water				
11:00	250 ml	+ 3 re:load			
11:30	250 ml lukewarm water				
12:00	250 ml	+ 4 re:load	+ 30 ml re:lease		
Afternoon 12:30 - 17:30					
12:30	250 ml lukewarm water				
13:00	Belly massage				
14:00	250 ml	+ 5 re:load	+ 30 ml re:lease		
14:30	250 ml lukewarm water				
15:00	250 ml	+ 6 re:load			
15:30	250 ml lukewarm water				
16:00	Walk · movement · yoga · stretching				
17:00	250 ml	+ 7 re:load	+ 30 ml re:lease		
17:30	250 ml lukewarm water				
Evening 18:00 - 21:30					
18:00	250 ml	+ 8 re:load	+ 30 ml re:lease		
18:30	250 ml lukewarm water				
19:00	250 ml	+ 9 re:load	+ 30 ml re:lease		
19:30	250 ml lukewarm water				
20:00	Belly massage				
21:00	250 ml	+ 10 re:load			
21:30	250 ml			+ 1 sachet	HAVE YOU EVACUATED? NO take it now / YES next morning, 09:00
	Go to sleep right after the last dose, as calm and relaxed as possible				
Next day 09:00	250 ml		+ 30 ml re:lease	+ 1 sachet	re:lax only if you did not take it last night.

10 re:load sachets 09:00 to 21:00	6 re:lease · 30 ml 5 on the day · 1 next morning	2 belly massages 13:00 and 20:00	1 walk 16:00	1 re:lax sachet 21:30 or next morning

re:set · user guide

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to begin your detox

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hola@bionobo.com · bionobo.com



re:set · detox kit
by bionobo®

PART I · BEFORE YOU BEGIN

What's inside *each kit?*

Four pieces for a single day. The re:load sachets are numbered from 1 to 10, so every dose has its own sachet and its own time. What else to buy before you start: p. 06.



1 FOR MIXING
shaker
350 ml

Shake each dose vigorously, then drink it at once: it thickens if left to stand.



10 STEP 1
re:load
sachets · 12 g

Numbered sachets, one per dose: from no. 1 at 09:00 to no. 10 at 21:00.



6 STEP 2
re:lease
bottles · 30 ml

Five doses on the day of the cleanse and the sixth the next morning.



1 STEP 3
re:lax
sachet · 5 g

At 21:30, only if you have not evacuated; if you already have, the next morning.

anatomy of a dose

From 09:00 to 21:00, in each of the 10 doses on the schedule (p. 02)

250 ml warm water 35–40 °C · which water: p. 14 + **1 re:load sachet** the number for that hour + **30 ml of re:lease** only at the marked doses → **Shake hard** in the shaker, vigorously → **Drink straight away** it thickens if it stands

self-assessment

Am I ready *for a detox?*

Degree of accumulated toxicity. This self-assessment will help you understand your level of toxicity, adjust your habits and optimise the detox process for the best possible results.

1. **Where are you today?** Read each row and tick the description closest to you.
2. **Your level** The column where you collect the most ticks 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 serious adverse symptoms, allergies, gas, etc.	○ Heartburn, 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.	○ 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 life, no physical activity.
3 What to do	↓ YOUR PLAN	↓ YOUR PLAN	↓ YOUR PLAN
HOW LONG TO PREPARE (1 square = 1 day)	1–3 days before	3–5 days before	2 weeks before
PRE-DETOX DIET	Avoid heavy processed foods, meat, legumes and nuts.	Cut down on your daily coffee and gluten, gradually reducing the amount as far as you can.	Progressively eliminate toxic substances such as alcohol, tobacco, processed foods, sugar…
HABITS	Introduce raw vegetable juices and foods rich in digestive enzymes.	Choose organic products free of pesticides, antibiotics and hormones.	Build healthy habits such as daily exercise and a healthier diet.

getting started

When is the best time *to start re:set?*

The best time can be after periods of excess such as holidays, travel or stress. But you don't need to wait for something to go wrong: it is also ideal at the start of a new cycle, 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.

OPTION 1

After a period of excess

parties · travel · stress

OPTION 2

At the start of a new cycle

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

SET ASIDE THE TIME

48h

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

BEFORE YOU BEGIN · NOT IN THE BOX

What you need *besides the kit*

Two things that don't come in the box and that you should buy before your detox. Ideally, have your own enema bag, so you can learn to use this tool and always have it with you. *We know enemas can look complicated, but they are an incredible tool.*



FOR THE WATER

A liquid thermometer

To keep the water for each dose at **35-40 °C**, and the enema water at **36-38 °C**.



FOR THE ENEMAS

A good-quality enema bag

With a **clamp** to open and close the flow of water.

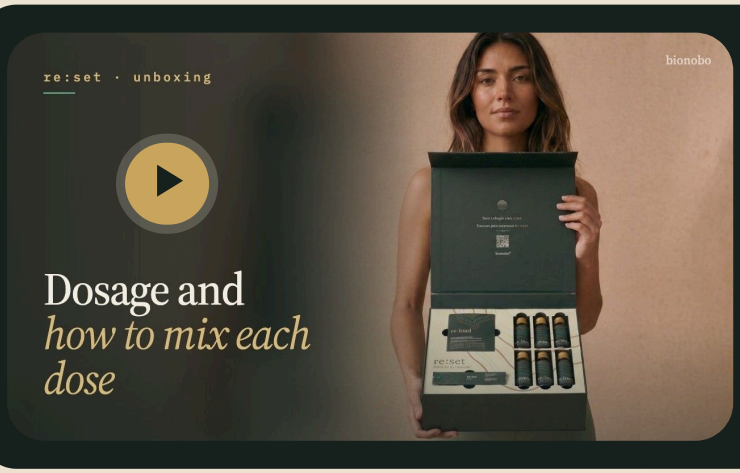
NO BAG?

Colon hydrotherapy

Find a practitioner near you: it will do you a lot of good.

ENEMA GUIDE

Download it from the guides library



QUICK VIDEO GUIDE

re:set protocol | Unboxing, dosage and how to mix each dose

youtu.be/y5_OViAW1KU

re:set · the science

Fermented enzymes *engineered with a purpose*

FORMULA AND PURPOSE

It contains over 200 natural ingredients selected for their ability to detoxify the body and improve digestive health.

We use only the finest organic raw fruits, vegetables, herbs, mushrooms and algae, which deeply cleanse the digestive system and optimise nutrient absorption, helping to balance your body from the inside out.

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.

200+ natural *ingredients*

fruits · vegetables · herbs · mushrooms · algae

FERMENTED MUSHROOM

Antrodia cinnamomea

THREE PIECES DESIGNED TO WORK TOGETHER

re:load — SACHET · 12 G

Enzyme powder: blueberry and apple fibre, psyllium husk, yoghurt powder and digestive enzymes (lipase, amylase, lactase, cellulase, papain and bromelain), with inulin.

re:lease — BOTTLE · 30 ML

Liquid enzymes: the ferment of fruit, vegetables, mushrooms, seaweed and plants (from pineapple and papaya to shiitake, kelp or ginger), with *Antrodia cinnamomea* mycelium and extracts of Eleutherococcus and rhodiola.

re:lax — SACHET · 5 G

SOD enzyme powder: fermented lemon and pineapple, mango juice powder, resistant maltodextrin and digestive enzymes, also with protease.

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 foundations of the whole process.

2nd — 6 MONTHS — Acetic acid

Fermentation with acetic acid bacteria for another 6 months, refining the compounds obtained and increasing nutrient bioavailability.

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

A composite enzyme chelate together with patented symbiosis technology, which stabilises and enhances the efficacy of the final product.



VIDEO · THE SCIENCE

Fermented enzymes: what are they and how do they work?

youtu.be/IPqlAAadjZs

re:set · 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

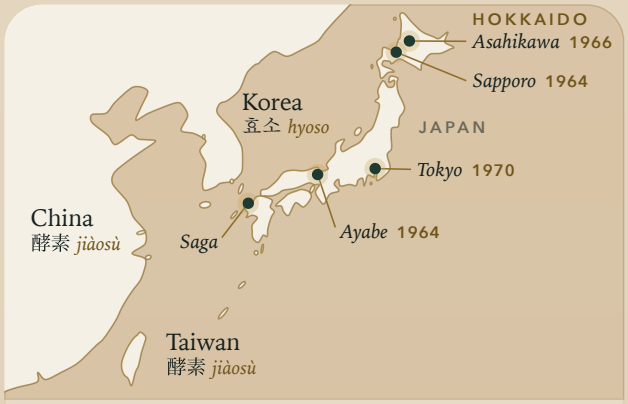
kōso

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
re:set
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.

re:set · 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 · re:set

Kōso fasting, combined with modern naturopathic techniques

- Warm water
- Belly massage
- Movement
- Rest
- Maintenance enemas AT HOME

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

detoxification of the digestive system

Expectations *vs 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 wish to remove 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.

Set aside at least 48 h just for you · p. 06

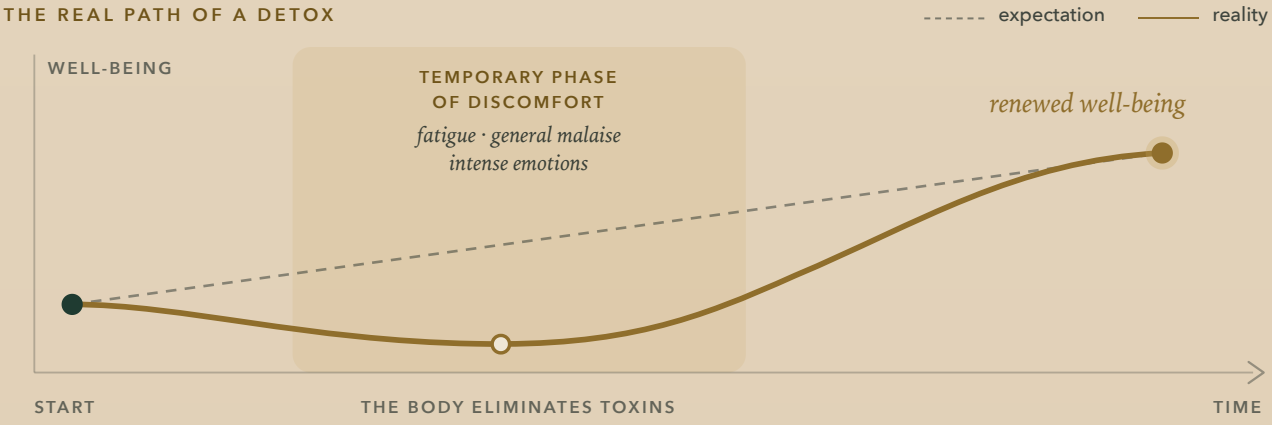
SIDE EFFECTS

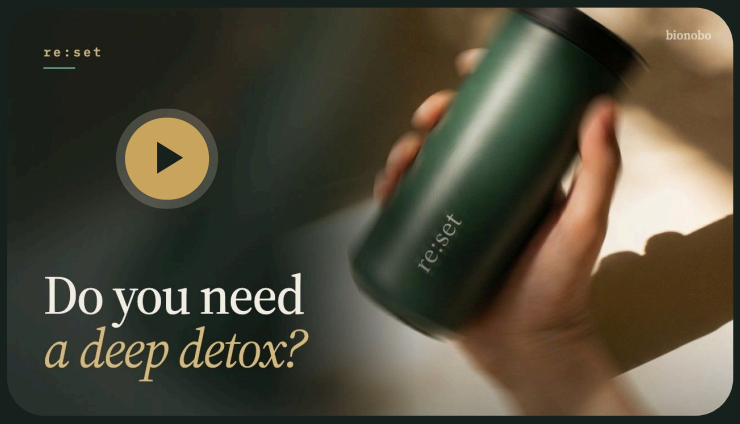
Discomfort is part of the process

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 detox process, especially when releasing toxins accumulated over years of poor eating habits and exposure to harmful substances.

It is important to be prepared for the possibility of going through this temporary phase of discomfort, knowing that it is part of the path to renewed well-being.

THE REAL PATH OF A DETOX





VIDEO

Do you need a deep detox? The super fermented enzymes protocol

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

youtu.be/HMzeYe5DoBc

re:set · 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.

ADAPTING YOUR DIET

Lower the toxic load first

→ REDUCE AND REMOVE

- processed foods
- refined sugars
- dairy
- caffeine

\+ INCREASE

- organic vegetables
- fruit

Reduce them first, 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
- × sugars

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, and supports the elimination of toxins. Meditation or mindfulness will help you manage stress and focus on your inner healing process.

DURING THE 24 HOURS

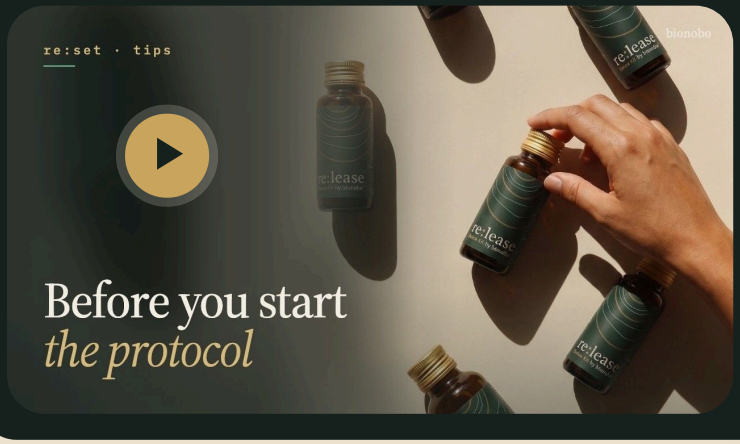
Only the kit enzymes

24h

During the 24 hours of the cleanse you can only consume the enzymes in the kit, formulated with nutritious ingredients that will keep hunger away.

re:load	re:lease	re:lax
10 SACHETS	6 BOTTLES	1 SACHET

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



VIDEO · BEFORE YOU BEGIN

re:set | Essential expert tips before starting the protocol

youtu.be/eH0kcNj67x4

re:set · preparation

Pre-detox diet
based on your experience

Do you have experience with fasting and detox?

Yes

EXPERIENCED IN FASTING AND DETOX

1 to 3 days of fresh juices



Juice only for 1 to 3 days before you start

If you are already familiar with fasting, you can opt for 1 to 3 days of fresh juices before starting the cleanse. Any combination of juices will work wonderfully (recipes, p. 28).

THESE MAY BE A GREAT HELP

- spirulina
- chlorella

JUICES WITH

- beetroot
- apple
- carrot

No

IF YOU ARE NEW TO FASTING

Eat lightly the day before



Light meals the day before the cleanse

THIS MAY BE ENOUGH

- ✓ organic salad
- ✓ juice
- ✓ soup

AVOID WHAT IS HARDEST TO DIGEST

- ✕ meat
- ✕ legumes
- ✕ nuts

Skip heavy processed foods too: they all take longer to digest, which can reduce your results. Low-protein meals are the easiest to digest and will ease the cleansing process.

Your preparation by level

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

LEVEL 1
Low toxicity
1–3 days before

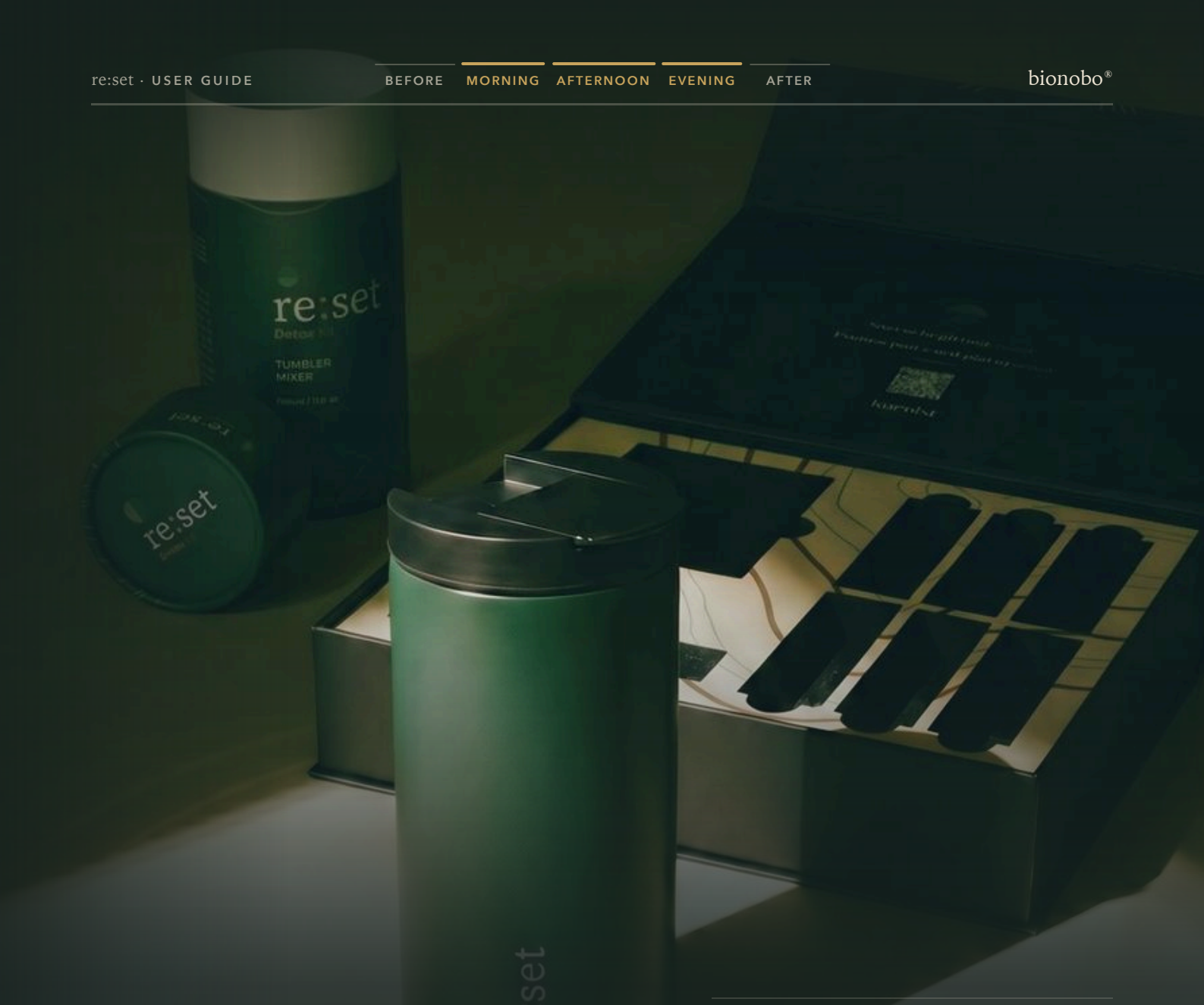
Avoid heavy processed foods, meat, legumes and nuts.

LEVEL 2
Medium toxicity
3–5 days before

Cut down on your daily coffee and gluten, gradually reducing the amount as far as you can.

LEVEL 3
High toxicity
2 weeks before

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



II

PART II

The detox day *hour by hour*

Water, doses and timing, step by step: from the first sachet at 09:00 to the next morning.

Water quality 14
THREE OPTIONS · 35-40 °C

Mixing and alarms 15
SHAKE VIGOROUSLY · ALARMS

Belly massage 16
13:00 AND 20:00 · VIDEO TUTORIAL

Morning schedule 17
09:00 - 12:00

Afternoon schedule 18
12:30 - 17:30

Evening schedule 19
18:00 - 21:30

The next morning 20
09:00 · EVACUATION

water and dosage

Water quality *and temperature*

Every dose is mixed with 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 determines how well the enzymes work.

WHICH WATER — THREE OPTIONS

Choose any one of the three

OPTION 1
Structured water, or water straight from nature
Spring water, for example.

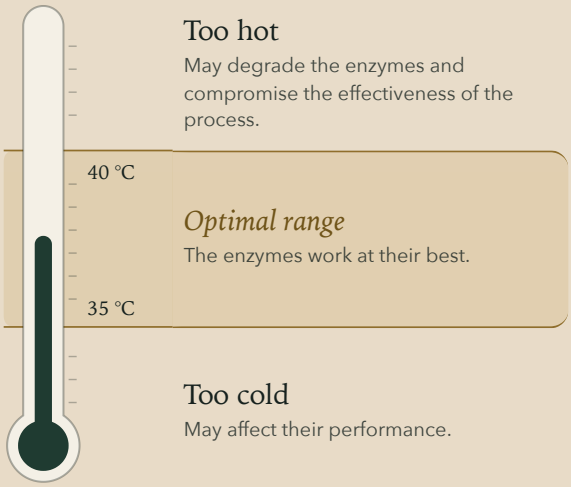
OPTION 2
Filtered water
Reverse osmosis or any other filter.

OPTION 3
Mineral water
Any bottled water.

× Never unfiltered tap water

TEMPERATURE

Between 35 °C and 40 °C



Too hot
May degrade the enzymes and compromise the effectiveness of the process.

Optimal range
The enzymes work at their best.

Too cold
May affect their performance.

MANY PEOPLE ASK US

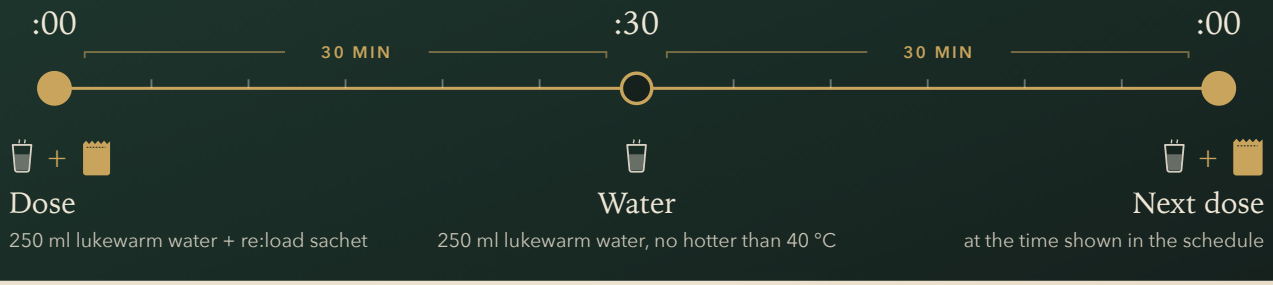
Is this water only for the protocol?

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 lukewarm water every 30 minutes to stay hydrated and support healthy digestion. Make sure it does not exceed 40 °C: hydration is key, as it helps eliminate toxins and optimises your body's function.



Dose
250 ml lukewarm water + re:load sachet

Water
250 ml lukewarm water, no hotter than 40 °C

Next dose
at the time shown in the schedule

PRACTICAL TIP

Prepare it in advance

To ensure an optimal experience, prepare the water in advance and keep it in a thermos flask: that way it stays at the ideal temperature throughout the cleanse.

water and dosage · each dose

How to mix *and set your alarms*

MIXING

How to mix the enzymes

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

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

IN THE SHAKER, AT EVERY DOSE

250 ml lukewarm water + **1 re:load** sachet + **30 ml re:lease** at the marked doses

Shake hard with real vigour → **Drink straight away** right after mixing

If it stands, it thickens harder to drink



Mix vigorously · drink immediately

shaker · 350 ml

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 schedule is essential to get the best results. And line up your doses the night before (p. 17).

iPhone

1. Scan or tap it, then tap **"Get Shortcut"** and **"Add Shortcut"**.
2. The night before, after 21:30, open Shortcuts, tap **"bionobo re:set alarms"** and choose **"Detox day"** (the first time, tap **"Allow"**).
3. On the detox day itself, after 09:00, open it again and choose **"Next morning"**.

Android

Works on any phone: pick your re:set day and add every dose to your calendar, each with its own alert.

Morning 09:00 - 12:00

09:00	1 re:load
10:00	2 re:load
11:00	3 re:load
12:00	4 + re:lease

NEXT DAY
09:00 + re:lax
re:lax only if you didn't take it last night

Afternoon 12:30 - 17:30

13:00	massage
14:00	5 + re:lease
15:00	6 re:load
16:00	walk
17:00	7 + re:lease

Evening 18:00 - 21:30

18:00	8 + re:lease
19:00	9 + re:lease
20:00	massage
21:00	10 re:load
21:30	re:lax

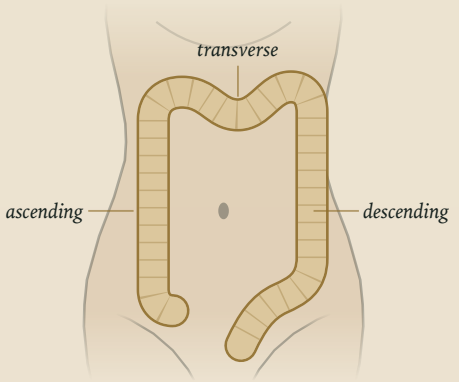
only if you haven't evacuated

iPhone alarms have no date: each one rings the next time the clock reaches it, so set them after 21:30 the night before. When you finish your re:set, delete them in the Clock app.

re:set · abdominal massage

Belly massage
your ally in re:set

THE LARGE INTESTINE



13:00 · afternoon
20:00 · evening

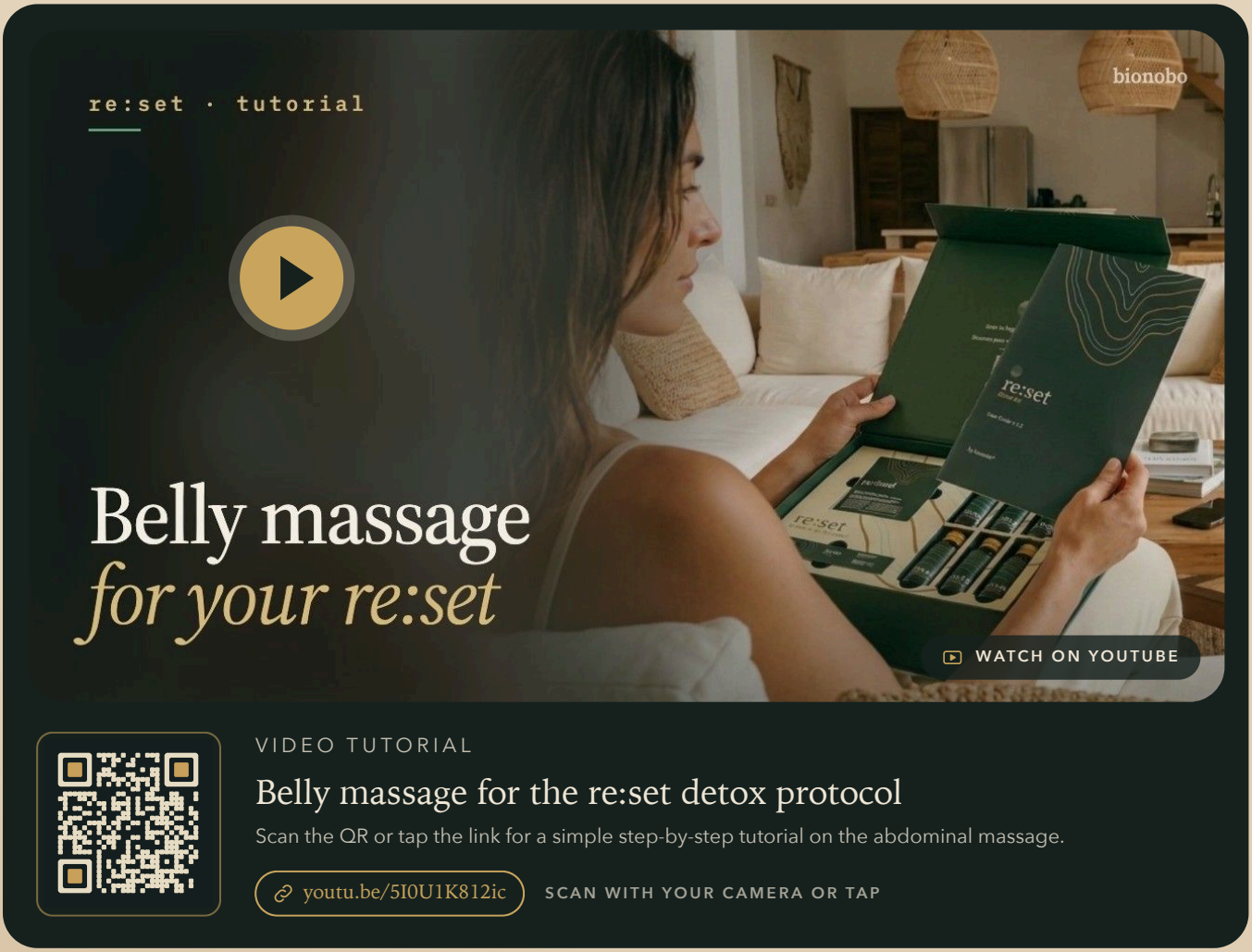
BELLY MASSAGE

Getting things moving

During the detox you'll do two abdominal massages to help release the toxins accumulated in the large intestine. They also loosen stuck mucus and optimise the whole process.

You can also use a massage gun to help you, very gently.

When: **at 13:00 and at 20:00**, within the afternoon and evening schedules (pp. 18–19).



VIDEO TUTORIAL

Belly massage for the re:set detox protocol

Scan the QR or tap the link for a simple step-by-step tutorial on the abdominal massage.

youtu.be/5I0U1K812ic SCAN WITH YOUR CAMERA OR TAP

detox day · schedule

Morning schedule
09:00 – 12:00

YOUR 10 re:load SACHETS

1 2 3 4 — MORNING
5 6 7 — AFTERNOON
8 9 10 — EVENING

	TIME	warm water 250 ml	re:load SACHETS 1-4	re:lease 1 × 30 ml	re:lax 21:30	NOTES
Morning 09:00 - 12:00	09:00	250 ml	+ 1 re:load	•	•	First dose: shake hard
	09:30	250 ml lukewarm water				
	10:00	250 ml	+ 2 re:load	•	•	
	10:30	250 ml lukewarm water				
	11:00	250 ml	+ 3 re:load	•	•	
	11:30	250 ml lukewarm water				
	12:00	250 ml	+ 4 re:load	+ **30 ml** re:lease	•	First dose of re:lease

TIP · THE NIGHT BEFORE

Line up *your doses*

The night before (or in the morning), set out all your doses in a row on a table or tray, in order and numbered: each re:load sachet with its number and, where it applies, the re:lease bottle beside it. Then there is nothing to think about all day: **the alarm goes off, you take the next one in line, and that's it.**







detox day · schedule

Afternoon schedule
12:30 – 17:30

YOUR 10 re:load SACHETS

MORNING				AFTERNOON			EVENING		
1	2	3	4	5	6	7	8	9	10

TIME	warm water 250 ml	re:load SACHETS 5-7	re:lease 2 × 30 ml	re:lax 21:30	NOTES
Afternoon 12:30 - 17:30					
12:30	250 ml lukewarm water				
13:00	Belly massage				Technique and video: p. 16
14:00	250 ml	+ 5 re:load	+ **30 ml** re:lease		
14:30	250 ml lukewarm water				
15:00	250 ml	+ 6 re:load			
15:30	250 ml lukewarm water				
16:00	Walk · movement · yoga · stretching				
17:00	250 ml	+ 7 re:load	+ **30 ml** re:lease		
17:30	250 ml lukewarm water				

13:00 · BELLY MASSAGE

To move what is stuck

Abdominal massage makes it easier to eliminate the toxins accumulated in the large intestine, helps release stuck mucus and optimises the whole process. Technique and video tutorial on p. 16.

16:00 · MOVEMENT

A walk, gentle movement, yoga or stretching

Light exercise helps stimulate lymphatic flow and circulation, supporting the process of eliminating toxins.



This afternoon, **2 × 30 ml of re:lease**: at 14:00 and at 17:00, with sachets 5 and 7.

Between doses, **250 ml of lukewarm water every 30 minutes**, never above 40 °C.

detox day · schedule

Evening schedule
18:00 – 21:30

YOUR 10 re:load SACHETS

1 2 3 4 — MORNING
5 6 7 — AFTERNOON
8 9 10 — EVENING

TIME	warm water 250 ml	re:load SACHETS 8-10	re:lease 2 × 30 ml	re:lax 1 SACHET	NOTES
Evening 18:00 - 21:30					
18:00	250 ml	+ 8 re:load	+ **30 ml** re:lease		
18:30	250 ml lukewarm water				
19:00	250 ml	+ 9 re:load	+ **30 ml** re:lease		
19:30	250 ml lukewarm water				
20:00	Belly massage				Technique and video: p. 16
21:00	250 ml	+ 10 re:load			Last re:load sachet
21:30	250 ml			+ 1 sachet	EVACUATED YET? NO take it now / YES tomorrow at 09:00

Off to bed right after the last dose, as calm and relaxed as possible

21:30 Have you evacuated yet?

NO
Take it now
250 ml of lukewarm water + 1 re:lax sachet, then off to bed.

YES
Wait for morning
09:00
You'll take it at 09:00 the next morning (p. 20).



BEDTIME

Right after the last dose

Go to sleep right after taking the last dose and try to stay as calm and relaxed as possible. Some people feel the need to evacuate in the last hours of the day or during the night; most commonly, evacuation begins the next day.

Rest is part of the protocol.

detox day · after

Next morning *at 09:00*

If you didn't take the re:lax sachet last night, you can take it now.

	TIME	warm water 250 ml	re:load ALL TAKEN	re:lease THE 6TH · 30 ml	re:lax 1 SACHET	NOTES
Next day	09:00	250 ml	•	+ 30 ml re:lease	+ 1 sachet	re:lax only if you didn't take it last night.

AT A GLANCE

When does evacuation happen?

the usual — if it takes longer

THAT NIGHT
Some people
evacuate that same night.

THE NEXT DAY
Most people
evacuate the next day.
MOST COMMON

AT 11:30
Still nothing?
Try drinking **300 ml** of warm water.

END OF THE DAY
Don't worry
It is usually eliminated within the next **24 hours**.

AFTER 48 HOURS
If it takes longer
Still no bowel movement? A warm water enema can help (pp. 26-27).

TIMING

Everyone reacts in their own way

Some people evacuate the same night, while most do so the next day. Sooner or later, the body will eliminate it. If by 11:30 you still haven't evacuated, try drinking 300 ml of warm water. If it hasn't happened by the end of the day, don't worry: in most cases it is eliminated within the following 24 hours.

And there may be an emotional release: that is also part of the process (p. 25).

IF IT TAKES LONGER

48h Up to 48 hours in cases of heavy build-up

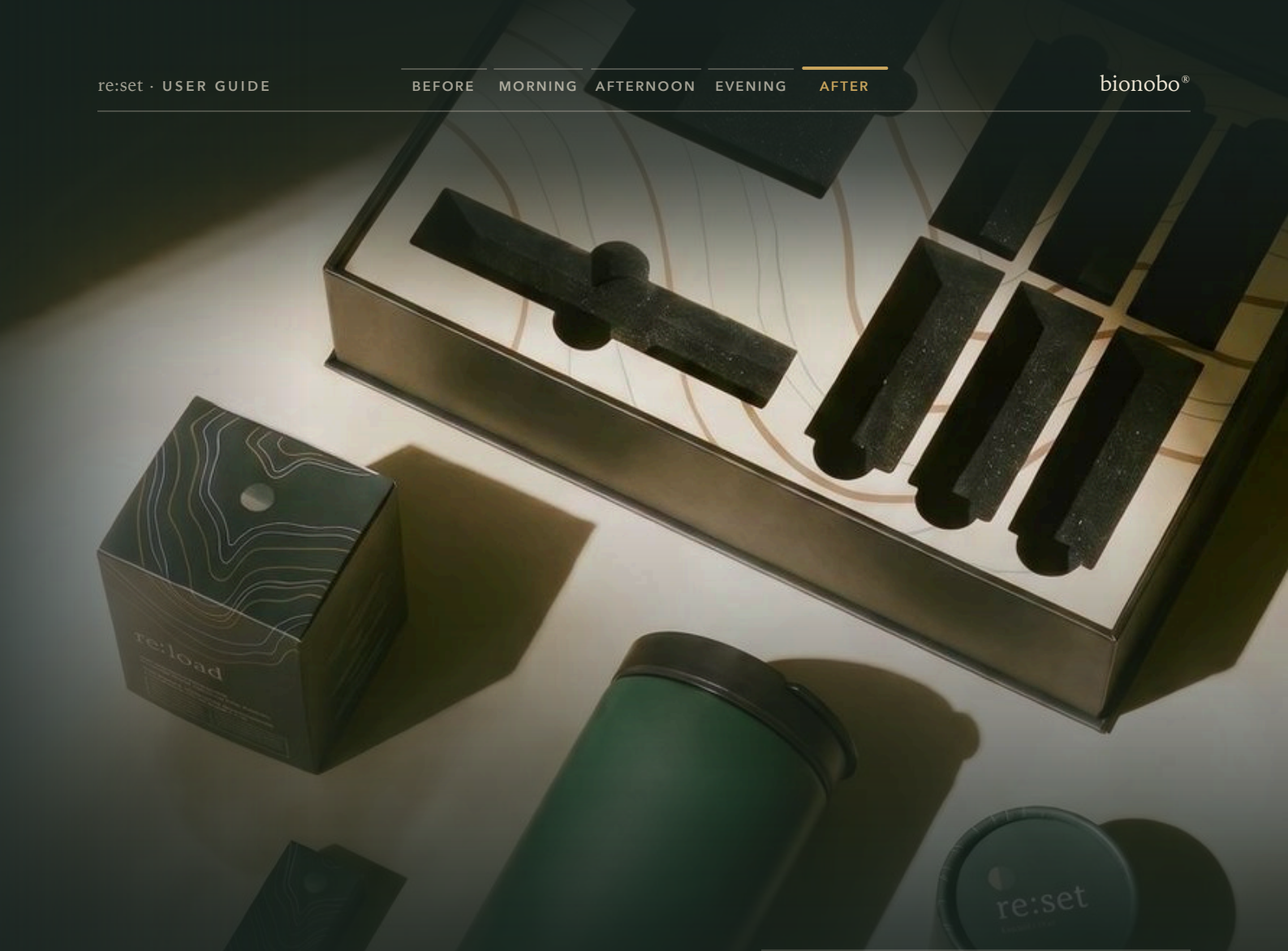
In cases of excessive build-up, it can take up to 48 hours for toxins to be eliminated. If after this time you still haven't had a bowel movement, a warm water enema can help release what your body needs to let go of.

→ How to do the enema · pp. 26-27

INSPECTION

Observe what you eliminate

Observing what you eliminate after the detox is crucial, as it gives you valuable information about your body's well-being. For this we recommend using specific tools: you'll find them, along with the procedure, on p. 22.



III

PART III

After *the detox*

Inspection, analysis, enemas and aftercare: how to approach the days that follow to get the most out of your cleanse.

Evacuation and analysis 22
INSPECTION AND MUCUS COLOURS

Benefits 25
SHORT AND LONG TERM · THE EMOTIONAL SIDE

Fulvic acid enemas 26
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MAINTENANCE AND BIOMINERALS

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MEDICATION, PREGNANCY, FASTING, DISCOMFORT

evacuation · mission accomplished

Evacuation *and inspection*

Observing what you eliminate helps you become aware of the toxic load that has built up in your body. The mucus you expel – a gummy, gelatinous film – can come in different colours, shapes and textures; below you will see what each colour indicates.

INSPECTION TOOLS

- Strainer or basket
- Gloves
- Chopsticks

INSPECTION PROCEDURE

1. **Collect**
   Place a strainer or colander inside the toilet bowl to collect the build-up.
2. **Spread it out**
   Wearing gloves, spread it out on a flat surface.
3. **Observe and take note**
   Note the differences in size, texture and colouring.

THE COLOUR CHART



RED MUCUS

Red

indicates a build-up of toxins in the gut

Dark red; sticky and viscous, from soft and pliable to hard and brittle.

→ DETAILS ON P. 23



GREEN MUCUS

Green

indicates an overgrowth of certain bacteria

Sticky, slimy, often foul-smelling and jelly-like in appearance.

→ DETAILS ON P. 23



BLACK MUCUS

Black

one of the oldest layers

Dark: waste trapped in the lining of the colon over time.

→ DETAILS ON P. 24



PALE MUCUS

Pale

undigested particles and mucus

From thin and fibrous to thick and tar-like; usually slippery.

→ DETAILS ON P. 24

OBSERVATION IS PART OF THE PROCESS

toxicity levels in the body

Analysis *and self-assessment*

Red P. 23
Green P. 23
Black P. 24
Pale P. 24



RED MUCUS

Red · *indicates a build-up of toxins in the gut*

WHERE IT COMES FROM

This colouring is due to a build-up of toxins in the gut. These toxins can come from a variety of sources, such as a diet high in processed and refined foods, exposure to environmental toxins such as pesticides and heavy metals, and a lack of exercise or of a healthy lifestyle in general.

WHAT IT LOOKS LIKE

Although its shade can vary, as a rule it is a dark red. It is a sticky, viscous substance whose texture can range from soft and pliable to hard and brittle. This build-up is a common problem that can lead to a variety of conditions, such as digestive problems, bloating and poor absorption of nutrients.

HOW IT FORMS

When these toxins accumulate in the intestines, they can react with the intestinal lining and form a protective layer of mucus. Over time, this mucus can become thick and sticky, trapping more toxins and preventing proper absorption of nutrients, which can lead to chronic inflammation and other problems.



GREEN MUCUS

Green · *indicates an overgrowth of certain bacteria*

WHY IT IS GREEN

The green colour of this mucus is mainly attributed to an overgrowth of certain bacteria. When the good bacteria in the gut are outnumbered by the bad ones, the resulting shift in balance can create a hostile environment. This leads to an overproduction of mucus, and the bacteria present in it may contribute to its characteristic green colour.

WHAT IT LOOKS LIKE

It is usually sticky, slimy and often foul-smelling, with a jelly-like appearance caused mainly by the accumulation of toxins, debris and waste matter that cling to the walls of the intestines, which can be directly related to inflammation, constipation and poor absorption of nutrients.

WHAT IT MAY INDICATE

Many people with excess green mucus tend to be more vulnerable to harmful bacteria and viruses, which can increase the risk of various health problems, such as irritable bowel syndrome, chronic fatigue syndrome and even autoimmune disorders.

analysis · black and pale mucus

Analysis *and self-assessment*

Red P. 23
Green P. 23
Black P. 24
Pale P. 24



BLACK MUCUS

Black · *one of the oldest layers*

WHAT IT IS

Black mucus is one of the oldest layers that can remain trapped in our intestines for a long time. It is dark in colour because of the toxins and waste materials that have become trapped in the lining of the colon over time. This build-up of waste can cause various health problems, such as constipation, diarrhoea, bloating and abdominal pain in the worst cases.

WHY IT IS BLACK

The black colour of mucoid plaque – the layered mucus described on these pages – is due to the presence of significant amounts of oxidised bile pigments. These pigments are produced by the liver and secreted into bile, which is stored in the gallbladder and released into the small intestine when fat is present.

WHEN IT DARKENS

Under normal circumstances, these pigments are excreted in the faeces and give them their brown colour. However, when waste builds up in the colon, the bile pigments can become trapped and oxidised, which is what gives them their dark colour.



PALE MUCUS

Pale · *undigested particles and mucus*

WHAT IT IS

This build-up is the result of undigested food particles, waste material and mucus that can adhere to the walls of the intestinal tract. The consistency of mucoid plaque can range from thin and fibrous to thick and tar-like, and it is usually quite slippery. When we eat foods that are difficult to digest, or foods that are processed or contain toxins, our body naturally produces more mucus.

WHY IT IS PALE

Mucus acts as a protective barrier, preventing harmful substances from entering the bloodstream. That is why, when it mixes with other waste materials in the intestines, it can give the plaque a pale colour.

IF IT LOOKS YELLOWISH

The colour can also vary depending on how dehydrated the body is. When we are dehydrated, the plaque may take on a more yellowish colour.

GIVE THE BODY TIME AND QUIET

benefits

What you may feel *after your cleanse*

The benefits, in the short and the long term.

IMMEDIATELY

Lightness and clarity

Right after the cleanse, it is common to experience a sense of **lightness and clarity**, both physical and mental. Many people notice a significant increase in their **energy levels** and an improvement in their **sleep quality**, accompanied by a general sense of **well-being**.

LONG TERM

Deep and lasting changes

You will notice **more efficient digestion**, which translates into better **absorption of essential nutrients** and a sustained internal balance. In addition, the gradual strengthening of your **immune system** will reduce the frequency of common ailments, while your body becomes more **resilient to daily stress**. These adjustments, subtle at first, will build a solid foundation for lasting, whole-body health.

OTHER SENSATIONS

Peace, and a change you can see

Many experience a deep sense of **peace and calm**, the result of giving their body a rest and cleansing it of accumulated toxins. This inner renewal shows on the outside: the **skin** takes on a healthy glow, **vision** may improve and even **body odour** becomes softer, reflecting the inner purity achieved.



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.

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.

IN SHORT

The re:set protocol offers a range of benefits that reach well beyond the immediate, promoting a state of health and well-being that can transform the way you live. This cleansing process is not only an act of physical care, but also a deep commitment to your mental and emotional well-being, opening the way to a fuller, more vibrant life.

re:set · 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 your diet liquid.**

WHEN TO DO THEM

- Cleansing day
  re:set · 24 hours
- The following night
  or 2–3 days later

KEEPING YOUR DIET LIQUID

WHAT DO YOU NEED?

2 L enema bag kit
With a flow clamp. A colonics kit: you can find one on **Amazon**.

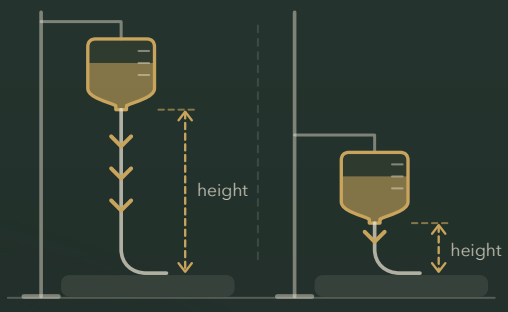
alcalina
Fulvic and humic acid minerals.

Quality water
Structured or spring water, filtered or mineral (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
The higher you hang the enema bag, the higher the water pressure will be and the faster the liquid will flow into the bowel.



Higher
more pressure: the liquid flows in faster

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 you feel comfortable with (**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 expulsion of gas. Take a deep, relaxed breath: it can help bring on a bowel movement and allow the water to keep flowing in.

re:set · 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 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 a lubricant (coconut oil).

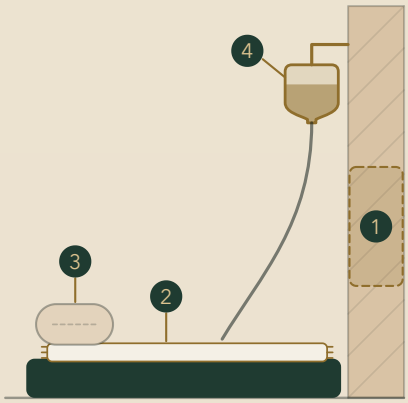
3 Clamp the cannula and hold
Once all the liquid has entered the colon, clamp the cannula, gently withdraw the tube and try to hold the liquid in for as long as you can.

4 Repeat if you need to
Once the liquid has been evacuated, you can repeat the process once or twice to expel more 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**, hung high: height sets the pressure (p. 26)

PROGRESSION

Progression and maintenance

With experience, introducing up to 2 litres of water with alcalina will become much easier, allowing you to keep the liquid in the bowel for longer for 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.

AFTER THE PROTOCOLS

Enemas at home, *as maintenance*

You can keep the enema kit to hand and carry on with them: not only with fulvic acid, but also with **shilajit** and with **coffee**.

ENEMA GUIDE

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 guides library.

bionobo.com/en/pages/biblioteca-de-guias

re:set · after the detox

Post-detox diet *integration and support*

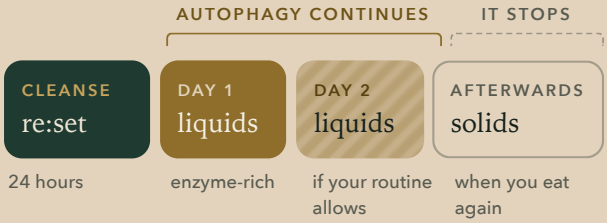
Here we only talk about maintenance with our products. It is worth supporting it with more things: other foods, supplements, where to buy them, recipes. We cover all of that in **the diet guide**, coming soon to the **guides library**.

OPTION 1

Liquid diet, 1 or 2 days

To keep caring for your body and maintain the benefits of the cleanse, you can opt for an **enzyme-rich liquid diet for 1 or 2 days**, if your routine allows. This will help your digestive system continue the detoxification process in a natural way.

By staying on liquids, you continue to support **autophagy**, a mechanism that helps eliminate accumulated toxins. Once you return to solid food, this process will stop.



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. 29

RECIPE BOOK

For before and after the protocol

Download it free from the guides library.

bionobo.com/en/pages/biblioteca-de-guias

WATER

Warm, and plenty of it

Drinking warm water is essential after a bowel cleanse, as the body will stop producing extra mucoid plaque, allowing the bowel to heal faster. Warm water aids digestion, reduces inflammation and keeps the body hydrated.

JUICES

Raw fruit and vegetable juices

An excellent choice for your post-cleanse liquid diet, as they provide essential enzymes and nutrients in a form the body can easily assimilate. They also support autophagy, aiding the cleanse without contributing to waste build-up in the gut.

ORGANIC

Keep pesticides out

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

TEAS AND BROTHS

Ideal allies at this stage

Broths, in particular, offer a high concentration of essential amino acids, vitamins and minerals, providing nutritional support without overloading the digestive system.

after re:set · optional

Extend the fast *and boost its effects*

If you can hold out one or several more days without eating after re:set, 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. 31).

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	AFTERWARDS
re:set	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

GUT SUPPORT

Probiotics and digestive enzymes

If you have had gastrointestinal problems such as candidiasis, SIBO, leaky gut or heavy metal toxicity, you know how important it is to take care of your gut health.

To maintain intestinal balance, probiotics and digestive enzymes are key allies. They help restore the microbiota, improving digestion, immunity and general well-being. Bringing them in at this post-cleanse stage is essential to strengthen your digestive system and enhance the benefits of the cleanse.

probiotics
digestive enzymes

→ Restore the microbiota
AND IMPROVE
- ✓ digestion
- ✓ immunity
- ✓ general well-being



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.

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, pickled cucumbers 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 balance the gut flora and aid digestion, improving nutrient absorption in a natural way.

THE DOUBLE BENEFIT

sauerkraut · pickled cucumbers · kimchi

Natural probiotics
for the microbiota

+

Organic acids
support beneficial bacteria

THE RESULT

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

THE MONTHS AHEAD

Keep caring for your gut

The cleanse helps to detoxify the body, but it is key to **take precautions during the following months** to avoid adverse effects.

→ **Maintenance and biominerals** pp. 31–32
→ **Your next steps** · products and guides pp. 35–36

long term · after re:set

Maintenance
with fulvic acid and shila:jit

After a re:set detox cleanse, the body goes through a deep elimination of accumulated toxins and waste.

However, the process does not end there: it is crucial to keep supporting the body as it recovers and finds its balance. Fulvic acid is a key tool at this stage, as it helps to **restore the digestive system**, **improve the gut microbiota** and **facilitate the elimination of residual toxins**, including heavy metals.



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



Each dot = 1% of the world's population

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 promote cell regeneration.

HOW
At room temperature
With water: taking it this way optimises 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 full recovery of the digestive system.

AFTER re:set · YOUR MAINTENANCE

alcalina · daily, 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 your body gets the most out of the food you eat.
- **Promote the elimination of remaining toxins**, supporting the body's purification.
- **Strengthen the intestinal barrier**, helping to prevent problems such as leaky gut.
- **Reduce the build-up of heavy metals**, preventing their toxicity and harmful effects.
- **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 neutralising free radicals.
- **High in silica.**
- **SBO prebiotics and probiotics** (soil-based organisms).

AFTER re:set
The perfect complement

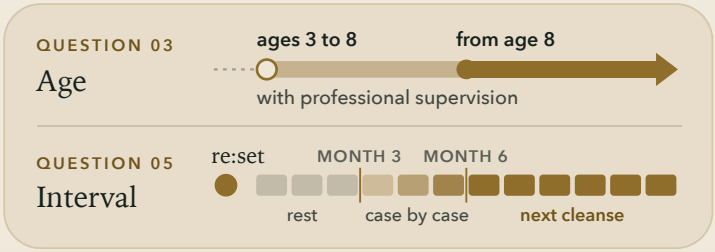
Adding biominerals —fulvic acid and shila:jit— after re:set not only amplifies the benefits of the cleanse, it also gives ongoing support to your intestinal and digestive well-being.

It's an ideal way to prolong the effects of the detox and keep your body balanced and healthy.



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 detoxes on the market.

However, we also recognise the importance of scientific evidence and **recommend consulting your doctor** before doing the detox alongside your existing medication regimen. This will ensure that any potential interactions between the supplements and your prescription medication are 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, tablets 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 use our cleansing kit **under the supervision of a health professional**.

04 Can I do more than one cleanse with re:set?

Yes, absolutely: it is possible and, in certain cases, even advisable to do more than one cleanse with our re:set 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 rewarding and noticed significant improvements in your health and energy, another cleanse may be an excellent decision.

05 What is the recommended interval between one re:set 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. It is worth considering your general state of health, how you felt during and after the previous cleanse, and any lifestyle and dietary changes you have been able to maintain.

06 Do I need to consult a health professional before starting re:set?

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 personalised advice so that your re:set experience is as effective and safe as possible.

part two · food, fasting, discomfort

Frequently asked *questions*

QUESTION 08
Fasting
re:set ki:wami solids
one or several days liquids and broths

QUESTION 09
Evacuation
MUCUS · COLOURS
red green black pale
→ pp. 22-24

07 What happens if I eat something during the protocol?

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 re:set?

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. 29**.

09 What is it that comes out?

It's a combination: the fibre you have been taking, which traps and gently sweeps –not chemically, but by pushing– whatever may be stuck: **mucus (mucoid plaque), biofilms and residue**. It's not only mucoid plaque and it's not only product. How to recognise it: **pp. 22-24**.

What comes out is a combination of product and plaque. Not everything that comes out is plaque or decomposed matter, and not everything is product: the proportion varies from person to person. Every person is different and it won't look exactly like this. Sometimes it takes days to come out; if you keep fasting, more is generated to come out. **Be patient.**



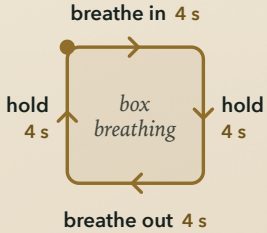
This is how it can look. Every person is different.

10 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 do several things:

1. mix it with more water
2. split the doses
3. spread it over 2 days

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**

re:set · what comes next

Your next steps *after re:set*

re:set is the first step. To keep going, these are the paths we recommend. None of them is required: choose the one that fits where you are now.

YOUR PATH

PART 2

Remineralise
fulvic acid
PP. 31-32

Gut
✓ re:set
THIS GUIDE

Liver & gallbladder
be:liver
PART 2

ikigen · all three in a single protocol · p. 36

ki:wami · an optional support, before and after

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 would like to extend your fast once re:set is over, because ki:wami supports the body with fermented kōso enzymes. Take your time, and always listen to your body.

bionobo.com/en/products/kiwami

Scan with your camera or tap





The be:liver kit

Its guide · library

PART 2

be:liver · liver and gallbladder

re:set cleanses the gut; be:liver is the second protocol: the liver and gallbladder cleanse. Its user guide is a free download in the guides library, so you can read it calmly before you decide.

bionobo.com/en/pages/biblioteca-de-guias

your next steps · the whole picture

Everything together
or start at your own pace



ALL THREE AREAS, AT ONCE

ikigen · everything in one protocol

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

remineralise · gut · liver

ikigen

The complete protocol

View ikigen on bionobo.com

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 is free in our guides library, alongside the recipe book and the enema guide. Come back to re:set whenever you feel ready.

bionobo.com/en/pages/biblioteca-de-guias

contact

re:set

detox kit

re:set 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
Any question about the kit, the preparation or the process.

bionobo.com
The guides library and product pages.

re:set is a food supplement. It is not intended to diagnose, treat, cure or prevent any disease, and does not replace a varied, balanced diet or professional medical judgement.

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