

Bilex (Ox Bile) Instructions

- Take 2 capsules before bed so bile is in stomach before breakfast. Try to not have dinner **at least 2 hours prior to bed** so HCL does not interfere with Ox Bile.
- If stool is still loose, you may need another dose 2 hours after your meal
- You may need to adjust after meal doses according to stool
- Some people need 2-3 doses throughout the day, while some need a dose just before bed
- Some people need to add HCL, some people are ok with just ox bile

If stool is loose, you need more ox bile. If you are bloated, constipated or have heartburn, this is when you may need to add HCL.

- For those without a gallbladder, Beet Flow is not necessary long term as the Ox Bile takes the place of this step. At the beginning, Beet Flow is helpful to get things moving. Once stool is consistently solid, you can try removing Beet Flow.
- Review Gallbladder section of Digestion course:
www.eatingfatisthenewskinny.com/digestion
 - If you are taking the 12 Week Online Fat Loss Course, the digestion course is at the beginning of this. You do not need to sign up for both courses.

****Nissa Graun is not a doctor. This information is educational only. Speak to your doctor for all medical advice***