



Activated Charcoal



This food-grade Activated Charcoal is made from coconut shells. It is activated using high-pressure steam at high temperature, multiplying the pores in the charcoal and making it highly absorbent. Activated Charcoal can be used to assist in detoxing. It can be consumed in water, and used as a paste for external applications or as toothpaste.

How to Use:

This activated charcoal can be used externally in a myriad of ways or consumed orally. To use charcoal internally mix 1-2 heaped tbsps in to enough water to make a slurry, then drink. Follow with a glass of fresh water. This mix can be consumed daily for up to a month as a detox, and then weekly.

Charcoal can also be added to a full glass of water, stirred and then left until the particles settle to the bottom. Drain of grey water and drink. The charcoal can be reused several times. It is recommended to wait 2 hours after consuming medication, supplements or food before taking charcoal, as it may affect absorption of other substances. Mix charcoal with water in to a thick paste to to brush teeth with several times a week, alternating with your regular toothpaste.

Combine charcoal with freshly ground Linseeds or wet clay to make a poultice. It can be used for minor skin irritations, acne, sore joints, stings and bites. Apply to the affected area and cover with a clean cloth for several hours or overnight. Alternately, moisten a small amount of charcoal and apply to bites and the like with a band aid.

Activated charcoal powder is also a very effective deodoriser. Leave some in an open dish or potpourri dish in the bathroom, or use in the kitchen to absorb strong smells. This charcoal is best stored in a non-plastic airtight container, as it may absorb residual odours or off-gassing pollutants.

Ingredients:

Activated Coconut Charcoal.

Preservative Free, Non GMO.

Allergens:

No Known Allergens. **This product may contain traces of Allergens.**

Storage:

Store in an air tight container in a cool, dry place, away from direct sunlight.

Shelf Life:

Up to 12 months when stored as above. See Best Before date.